

Beecher Hills Elementary Student Shines!

April 2011

Trinity D., one of HealthMPowers' students at Beecher Hills Elementary, served on a youth panel at the Georgia School Wellness Summit. How cool is that?

I had a chance to talk with Trinity D. after the panel. Trinity said, "This was my first time on the panel, and I

was really excited because I got to share some of the wellness efforts we are doing at my school."

Trinity was an awesome choice for the panel!!! When talking with her it was easy to see how super excited she is about health. She even served as a Student Wellness Ambassador for her school last year. She told me that the Student Wellness Ambassadors at Beecher Hills do several health related projects at



Trinity D.

their school throughout the year. Last year, the Ambassadors presented at a faculty meeting to tell teachers why it's important to get daily exercise during school. They even suggested using the Mind-n-Motion DVD on rainy days for recess.

Trinity said that she is inspired by her teachers, especially Coach Horton, her P.E. teacher. Trinity said Coach Horton is constantly encouraging her students to be healthy. She offers yoga in the morning for every student, and uses HealthMPowers resources throughout the school day for nutrition tips and information.

Way to go Trinity and Coach Horton!

Inside This Issue:

Game of the Month	2
Kid2Kid Recipe	2
Spotlight On: Eton Elementary	3
Be a Kid2Kid Writer	3
Healthy Summer Fun Bumper Sticker	4
Activity of the Month	4
Monthly Focus	4

Fun Facts:

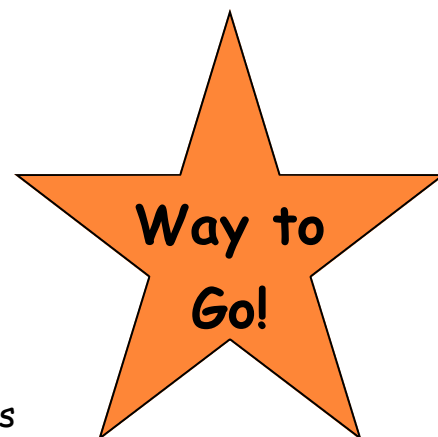
Two sodas per day for a month equal 5 pounds of sugar! Wow, that's a lot! Challenge yourself today. Pick up water instead. Your body will be happy you did!

Joke of the Month:

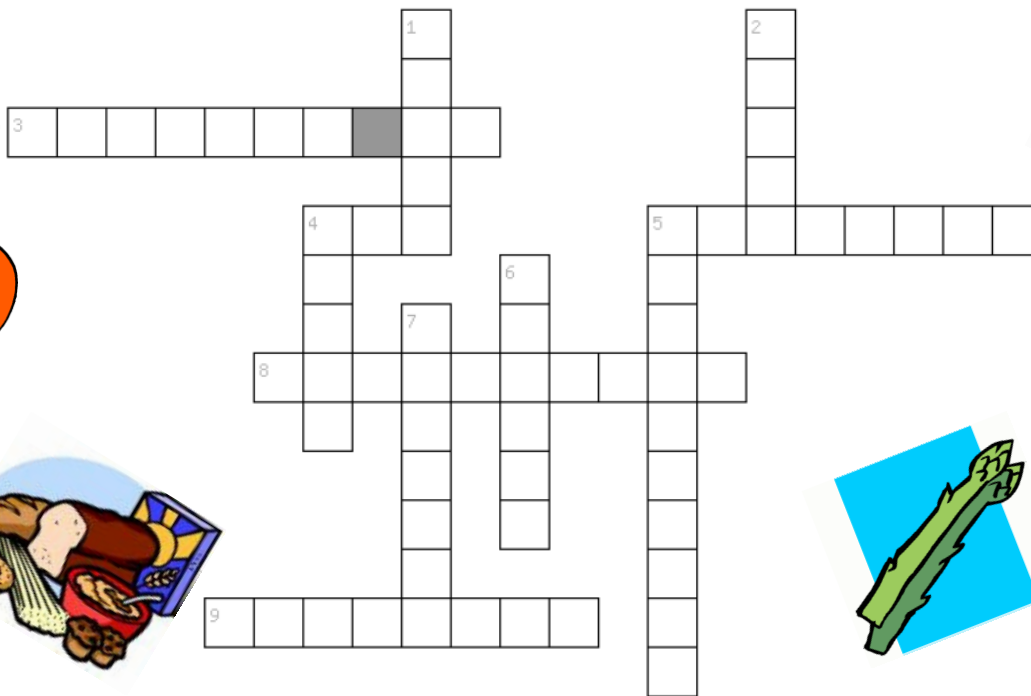
Why didn't the skeleton cross the road?

Because he didn't have the guts to do it!

By: Anna O., Age 8



Game of the Month: Find the Healthy Word



Across

3. This prepares your body for exercise.
4. Be sure to choose snacks and meals that are low in this.
5. This type of exercise helps build your muscles.
8. You should eat at least three servings of these every day.
9. Do this for 60 minutes every day.

Down

1. Each day you should eat at least two servings of this.
2. Drink six, seven, or eight glasses of this each day.
4. Choose foods that are high in this to help with your digestive system.
5. If you do this before exercise, you are less likely to become injured.
6. You need six servings of this food group every day.
7. This type of exercise is good for your heart.

By: Thomas C., Age 10

Kid2Kid Recipe: 5-A-Day Salad

Ingredients:

- ⊙ 4 cups fresh spinach
- ⊙ 4 cups Romaine lettuce
- ⊙ 2 cups chopped green pepper (or use red, yellow, or orange)
- ⊙ 2 cups cherry tomatoes
- ⊙ 1 cup chopped broccoli
- ⊙ 1 cup chopped cauliflower
- ⊙ 1 cup sliced yellow squash
- ⊙ 2 cups sliced cucumber



- ⊙ 2 cups chopped carrots
- ⊙ 1 cup sliced zucchini



Directions:

- ⊙ Get your parents help cutting the vegetables.
- ⊙ After cutting, wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with your favorite nonfat or low-fat dressing!
- ⊙ ENJOY your healthy meal!!!

By: Andrew C., Age 11

Answer Key: Across—3. Warming up, 4. Fat, 5. Strength, 8. Vegetables, 9. Exercise. Down—1. Fruit, 2. Water, 4. Fiber, 5. Stretching, 6. Grains, 7. Aerobic.

Spotlight On: Eton Elementary

My name is Anna O., and I am a 2nd grader at Eton Elementary in Chatsworth, GA. To stay healthy, I play softball and like to eat healthy meals with my mom. I also love to drink water. I get lots of motivation to stay healthy from my school because they promote eating healthy and exercising. In fact, we just did a National Walk Day to teach students how to keep their hearts healthy. I want you to be healthy, too. So, I have a challenge for you! I understand the importance of drinking water, so I want to encourage you to drink at least two bottles every day. You can do it! Remember, if you get lots of exercise, you need to drink even more water than that! Also, check out my *Joke of the Month* on the front page.



Anna O.



Grace A.

Dear Health M Powers,

On April 6, 2011, our school held a walk event for Healthy Heart Month. The entire school attended this event. We started to walk with our friends around our school's nature trail. Then we walked and talked with our friends through neighboring subdivisions. We all enjoyed attending this activity. We got to exercise, talk with our friends, and enjoy the weather. We also enjoyed nature. Some parents even came to walk with us.

I heard a lot of compliments about how fun this was. Some people loved it so much, they wanted to do it everyday. More than 600 students participated in making healthier heart habits. That is amazing! Great job Eton Elementary Eagles! Keep up the good work!

- Grace A., 5th Grader at Eton Elementary

Be a Kid2Kid Writer!

Being a Kid2Kid writer is easy. Just write an article about yourself, a recipe, a health-related joke, or something you do to stay healthy and active! Send it with a picture of what you are writing about, your first name, age, and school to kid2kid@healthmpowers.org.

Be sure to ask your teacher and parents first, though.

Send your article to us on or before May 1st. It's that simple! Don't worry if you don't see your article right away, it may show up in a future newsletter or on our website.

Healthy Summer Fun Bumper Sticker

In the space below, create a bumper sticker about **Healthy Summer Fun!** Send it to kid2kid@healthmpowers.org and keep an eye out for next month's issue. You may be featured!

Activity of the Month:

This is a ribbit of a good time! This game is for six or more players and should be played in an open area. To play, you need a radio or something to play music. You'll also need lily pads (you can use something to represent lily pads, like small pillows, green construction paper, or paper plates). One player is the referee. This game is a lot like musical chairs, but when the music starts, players have to hop around like frogs. While players are hopping, the referee takes away a lily pad, then stops the music. When the music stops, the frogs have to find a lily pad to hop on. The frog left without a lily pad is out. The last frog on the lily pad is the winner.



By: Heather F., Age 10

Submit your Work!

Email your articles, jokes, success stories, recipes or health activities regarding the monthly health focus to kid2kid@healthmpowers.org.

May- Healthy summer fun.