



Fall 2018 Newsletter

September to December:

Healthy Lifestyle Coordinator visited 13 ASAP sites during Fall 2018. Her presentation focused on sodium and diversity, stereotype, and bullying. 1528 students were served from September 2018 to December 2018.

During the months of September to December, 12 sites completed 3 Taste and Learn activities. The recipes were: spiced wheat thins, veggie pinwheels, and winter fruit salad.

My Health and Choices Survey for Fall 2018 were completed by 429 3-8th grade students. Of those, 50% reported increase in consumption of fruits and vegetables, eating healthier food, and trying new food.

Some of the topics selected for Fall 2018 Project Based Learning activity were: bullying, climate change, sugary drinks, and homeless population. Students at French Camp wrote notes to their teachers and students at Shasta created a poster board showcasing amount of sugar in different drinks.



Wellness Competition was completed by 12 ASAP sites. The topics selected by sites were online safety, nutrition for healthy teeth and gum, and importance of fitness. Many of our sites focused on online safety and cyberbullying. Sites created a wall and/or a short video discussing and showcasing their selected topics. The winner for Fall 2018 Wellness Competition was French Camp. Their site created a video about online safety.

<https://youtu.be/zUaHrFw-0yQ>

