

MAY 2017 NEWSLETTER

Wellness Competition Spring 2017

The three topics for Spring 2017 Wellness Competition were: Food Security, Healthy Eating on a Budget, and Effects of Fast Food Media. The winner for the 2017 Spring Wellness Competition was Shasta Elementary Schools. Students at Shasta created a PowerPoint and a video about the effects of fast food media.

<https://www.youtube.com/watch?v=TXAoVtyawPs>

Special thanks to Kaiser Permanente and Sutter Tracy Community Support for their ongoing support to our Health Education Program.



FAMILY HEALTH EVENTS/NIGHTS

Give Every Child A Chance hosted three Family Health Events this year at Shasta, Banta, and George Komure Elementary School. Chef Bryan from MUSD attended two of our events and Second Harvest Food Bank attended all three of the events. Students participated in making delicious granola energy balls and at George Komure, students prepared a healthy fruit salad.



Special thanks to Second Harvest Food Bank, who provided our students and families with bag of fresh fruits and food.



Spring Fitness Challenge 2017

3-8th grade students participated in the 2017 Spring Fitness Challenge during the month of April. Twice a week, students did squats, sit-ups, and jumping jacks for one minute each day and they did this for 4 weeks. Those who completed both days of the challenge each week, their name was entered for a chance of winning a GECAC water bottle. We would like to thank Sutter Tracy Community Hospital for supporting us in purchasing these water bottles.



Focus Groups 2017

Healthy Lifestyle Coordinator conducted 10 Focus Groups during the month of April and May at the following sites: George Komure, Lathrop, Nile Garden, French Camp, and Banta Elementary School. We would like to thank Missy Lebray from San Joaquin Community Data Co-Op with assisting with these Focus Groups. At each site, two Focus Groups were conducted. One group were 3-4th grade students and another consisted of 5-6th grade students. Students were asked different questions regarding the Health Education program and their attitude towards eating. Students were provided with healthy snack at each of the sessions.