

WELLNESS NEWSLETTER

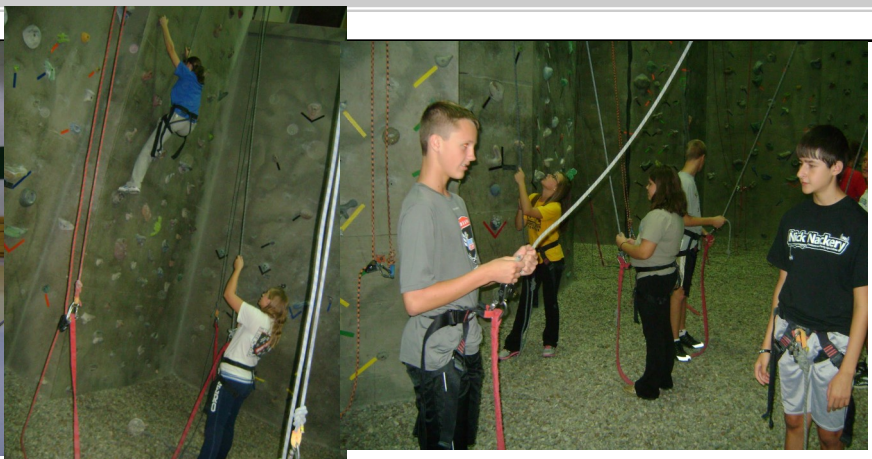
Lifetime Fitness Class & My Plate Food Labs Established at Good Shepherd Catholic School

GSS Students Using *MyPlate* Guidelines for Healthier Eating Habits

Students in grades 6-8 are learning healthier eating habits by sampling a variety of more nutritious options for snacking and mealtimes, following the *MyPlate* guidelines and recommendations for their age groups. In our practical arts food labs, students have already tried a variety of fruits and then created their own fruit kabobs with a nonfat Greek yogurt dipping sauce. They have also sampled homemade granola with several kinds of dried fruits and whole grains, as well as two types of homemade hummus with whole wheat pita pockets. They are also creating their own *MyPlate* meals which will be displayed in our school cafeteria.

GSS Students Learning Lifetime Fitness Strategies

Students in the 8th grade are taking a Lifetime Fitness section of their practical arts course. This course was developed to expose the students to a variety of fitness activities. The students use the fitness equipment purchased through the Welborn HEROES grant. The Lifetime Fitness class allows the students to experience cardio and toning sessions like Kickboxing, Circuit Training, Plyometrics, Boot-Camp, and Zumba. The students also get to take a field trip to Vertical Escape climbing center to experience the physical benefits of climbing.





Wellness in the Cafeteria

Tidbits of info for you to digest

Visit these websites for even more tips and information for healthy lifestyle changes:



www.choosemyplate.gov
www.fitnessmagazine.com
www.madetocrave.org

Moving Back to the “Basics”

In recognition of your requests and the healthy lifestyles we are promoting to the children, Good Shepherd Cafeteria is taking steps toward getting “back to the basics.” We are working diligently with our budget and items available to us to bring more homemade and less processed foods to your child’s lunch tray. Please look for these items on the lunch menu and encourage your children to try new things!

Salad Bar a Success

Good Shepherd Catholic School is proud to offer another healthy lunch option to the faculty and middle school students. On Wednesday and Thursday the students can purchase a salad bar meal that offers a wide variety of choices. Romaine lettuce could be paired with ham, turkey, carrots, cucumbers, sweet peas, tomatoes, hard-boiled eggs, shredded cheeses, and hand made croutons. The bar also offers sides like cottage cheese, lovingly made broccoli salad, and fruit.

Looking for music to motivate your workouts?

www.motiontraxx.com, Check out this website that has a music podcast specifically designed to boost your energy and set the pace during your workout. The downloadable episodes feature fun, up-tempo mixes that get you in motion and make it easy to stay in motion. Best of all motion traxx is FREE!



SPOTLIGHT ON MR. BEN GOEDDE PHYSICAL EDUCATION AND HEALTH TEACHER

I am a 2nd year teacher (1st at Good Shepherd) and I teach 4-8 P.E. and 7-8 Health. I was born and raised in Evansville where I went to Holy Redeemer grade school and Memorial High School. I graduated from Purdue University in May of 2010 where I received a degree in P.E. and Health Education from the school of Liberal Arts. I am very fortunate and grateful to be teaching at Good Shepherd Catholic School. The students and faculty have been very welcoming and fun to work with. I have really enjoyed the opportunity to work with the Foundational Fitness equipment. I have incorporated many of the principles of Foundational Fitness into my teaching philosophy. The process of turning students into confident and competent movers is easy with the variety of workouts and workout equipment that Foundational Fitness offers. I have even incorporated the workout equipment into my own workout routine and have encouraged friends and co-workers to do the same. Thanks to Foundational Fitness, I feel I have the world at my fingertips and the possibilities are endless.

Mr. Goedde