

GOOD SHEPHERD SCHOOL

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WELLNESS NEWSLETTER

Introduction to the H.E.R.O.E.S Wellness Grant Program



Over the past three decades, the prevalence of overweight among is increasing. Overweight children and youth have a very high probability of becoming overweight adults. This places them on a fast track towards prematurely developing chronic diseases of old age such as heart disease and type 2 diabetes, as well as, increased rates of loneliness, depression, being teased or bullied, smoking and alcohol consumption.

The Welborn Baptist Foundation, Inc. (WBF, Inc.) recognizes that schools are uniquely positioned to influence the development of lifelong healthy habits and to help prevent overweight and obesity in children thus aiding in the prevention of chronic health diseases. To this end, the WBF, Inc. presents its HEROES Initiative.

HEROES stands for Healthy, Energetic, Ready, Outstanding, Enthusiastic, Schools. The HEROES Initiative is modeled after the Centers for Disease Control and Prevention's (CDC) research-based and proven Coordinated School Health (CSH) Model. The HEROES grant is awarded to focus on helping schools create environments that teach students, staff, and families how to live healthy lifestyles. At the heart of these programs is the belief that active, well-nourished children are better able to reach their potential to succeed in school and life.

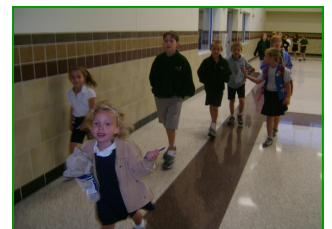
Good Shepherd is proud to be one of the schools in the Tri-State that are now implementing the HEROES Initiative and are changing the cultures of their schools to focus on health

The Walking Program

A morning walking program is offered three times a week on Tuesday, Wednesday, and Thursday. Students in grades K-8 are invited to start their school day energized and develop healthy exercise habits. Walking time is open from 7:00-7:15 in the Parish Hall. Students in K-2 earn a footö for every 25 laps walked. Students in grades 3-8 earn a footö for every 50 laps walked. Laps are tabulated every two weeks and feetö are distributed in the homerooms by Mrs. VanHoosier.

As an added incentive, when a student walks 10 laps, the student's name is placed in a drawing for a casual dress day pass. There is a winner from K-2, 3-5, and 6-8. Everyone starts fresh at the beginning of each new month.

Special thanks to the Walking Program coordinators, Paula Harding and Tacy Adams, as well as all the parents who volunteer their time to supervise the program.



GSS Students
in the Walking Program

REMINDER

Winter Meltdown Series of Races

- 2/12/11 Hearts on Fire Race USI
- 3/12/11 Run of Luck Race Downtown
- 4/10/11 SIC Marathon or Half-Marathon 4H-Center



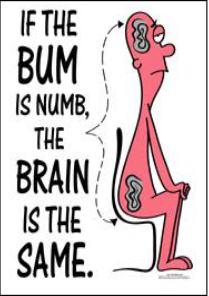
Wellness in the Cafeteria

Tidbits of info for you to digest

- ◆ Hamburger buns, hot dog buns, sandwich sliced bread, flatbreads, pita pockets, wraps, and pasta served are whole grain.
- ◆ We are a No Fry zone. We bake all of our products.
- ◆ Our corndogs and mini corndogs are made of turkey.
- ◆ We only serve baked chips.
- ◆ We do not serve any peanut butter or nut products.
- ◆ We serve fresh fruits and vegetables a minimum of 2 times per week.
- ◆ Our milk choices are 1% White or Skim Chocolate.
- ◆ We offer Juicy Juice (100% Fruit Juice) in many flavor varieties as an extra purchase.
- ◆ We offer Low Fat Quaker Chewy Granola Bars as an extra purchase.
- ◆ We offer Fat Free 4 oz Yogurt cups in many varieties as an extra purchase.



“When students let their minds drift off, they’re losing valuable learning time.”



Energizers in the Classroom



Good Shepherd Students Engaged in a Classroom Energizer.

Every time we move in an organized manner, full brain activation and integration occurs, and the door to learning opens.

Movement is a must! A person may sit quietly to think, but to remember a thought, an action must be used to anchor it. We must materialize it with words. When we write, we are making connections with thought by moving our hand.

Many of us have a distinct tendency to think better and more freely while engaged in a repetitive, low concentration physical task. Movement facilitates the development of increased blood vessels that carry learning-essential water, oxygen and nutrients to the brain. “Movement helps to enhance learning, because when children sit for longer than 10 minutes, oxygen and glucose are pulled from the brain. When this happens, after a certain amount of time, the brain gets sleepy and basically begins to turn off,” explains Martha Swizinshki, movement education teacher.

According to the research conducted by Jochen Donczik, Ph.D., exercises that cross the midline visually, auditorily, and physically improve reading rates and comprehension in children by establishing communication between both sides of the brain.

The students at Good Shepherd School have been enthusiastic about performing the energizers in their classrooms.