2012 Health and Physical Activity Institute

W.O.W. – Working on Wellness

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www.PErocks.com

2011 NASPE National Elementary PE Teacher of the Year
Deep Creek Elementary, Chesapeake Public Schools

Below you will find a collection of materials to support wellness programming at your schools, feel free to edit the samples provided and share them with others.

Pages 2-12 – WOW Announcement

Pages 13–17 – WOW Monthly Newsletters

Pages 18-22 – Virginia Healthy Youth Day

Pages 23-32 - National Sport and Physical Education Week
Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—pomegranates!! Here are some interesting facts about pomegranates to help guide your discussion…

**Interesting Pumpkin Facts**

- Pumpkins are 90% water. While this may seem surprising, many fruits and vegetables are largely water.
- Pumpkins are grown on every continent in the world (except Antarctica).
- A pumpkin is really a squash, it’s a member of the Cucurbita family which includes squash and cucumbers.
- The tradition of carving pumpkins during Halloween comes from the Irish. When immigrants from Ireland came to the “new world”, they found pumpkins to be plentiful and began carving them for Halloween instead of turnips.

**Health & Nutrition Benefits of Pumpkin**

- Pumpkin is very rich in carotenoids, which is known for keeping the immune system of an individual strong and healthy.
- Beta-carotene, found in pumpkin, is a powerful antioxidant as well as an anti-inflammatory agent. It helps prevent build-up of cholesterol on the arterial walls, thus reducing chances of strokes.
- Being loaded with potassium, pumpkin is associated with lowering the risk of hypertension.
- The presence of zinc in pumpkins boosts the immune system and also improves the bone density.
- They comprise of L-tryptophan, a compound that has been found to be effective against depression.
- Pumpkin seeds have been known to reduce inflammation, without causing the side effects of anti-inflammatory drugs.
- Studies have revealed that pumpkin seeds also can help prevent calcium oxalate kidney stone formation.

**SOURCES:**

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our WOW topic—avocados!! Here are a few interesting facts about avocados to help guide your discussion…

- The avocado is a fruit, not a vegetable and is a member of the berry family.

- Another name for the avocado is the "alligator pear," so-called because of its alligator skin texture and pear shape.

- Avocados must reach full maturity before they are picked, however, they do not soften on the tree. The tree can actually be used as a storage unit by keeping the fruit on the tree for many months after maturing.

- Avocados have the highest protein content of any fruit.

- If your muscles are sore- try an avocado! Avocados contain more potassium than bananas.

- Avocados are the best fruit source of vitamin E, an essential vitamin that protects against many diseases and helps maintains overall health.

- Avocados taste great on salads, sandwiches and when smashed with tomatoes and other healthy ingredients to make guacamole!

Source: http://www.healthdiaries.com/eatthis/10-health-benefits-of-avocados.html
Dear teachers,
Thanks for taking the first 5 minutes of class to discuss our "WOW" topic-black eyed peas!! Here are some interesting facts about black eyed peas to help guide your discussion...

- Black eyed peas are really beans.

- Beans are a type of legume.

- Black eyed peas are an excellent source of Calcium, folate, Vitamin A, and protein.

- Some people believe that eating black eyed peas on New Year’s Day will bring good luck.

- Black eyed peas are also known as "cowpeas".

- Black eyed peas are part of a very popular dessert in Vietnam.

- What does a black eyed pea look like? It is small and beige with a black spot, or "eye", at its inner curve.

Source: wholefoodsmarket.com & hubpages.com
Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our WOW topic—blueberries!! Here are a few interesting facts about blueberries to help guide your discussion…

- The blueberry is one of the few fruits native to North America.

- Blueberries are an excellent source of antioxidants. In fact, according to a Tufts University study blueberries provide more antioxidants per serving than any other fruit!!

- Q: What is an antioxidant?
- A: A substance that can help prevent and repair damage to cells in your body.

- Blueberry jellybeans were created especially for Ronald Reagan.

- Blueberries taste great plain, in a smoothie, topped on yogurt or cereal, and of course, in pancakes!

Source: babyblueberries.com & eatright.org
Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—cheese!! Here are some interesting facts about cheese to help guide your discussion…

- There are over 2,000 varieties of cheese.
- Have you ever wondered why people who are Green Bay Packer fans are referred to as “cheese heads”? Well, Wisconsin leads the nation in the number of dairy farms and cheese plants!
- It takes 10 pounds of milk to make one pound of cheese.
- Cheese can be made from the milk of cows, sheep, goat, buffalo—even camels!
- Cheese is included under the “dairy” portion of the Food Pyramid. It includes hard natural cheeses like cheddar, mozzarella, swiss, and parmesan… soft cheeses like cottage and ricotta… processed cheeses like American.
- Cheese is a great source of calcium and protein, but can be high in fat--be sure to choose a low-fat or fat-free version.

Source: Mypyramid.gov, cheese.com
Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our WOW topic—cucumbers!! Here are a few interesting facts about cucumbers to help guide your discussion…

Interesting Cucumber Facts

- The vegetable is one of the oldest cultivated crops and believed to be originating in the northern plains of India.
- The plant is a creeper (vine) just like other cucurbita family members, including; gourds, squashes, melons, and zucchini.
- Botanically, it belongs to the **cucurbitaceous** family; and is known scientifically as **Cucumis sativus**.
- Cucumber is easy to grow. Different varieties, varying in size, shape, and color, are cultivated all around the world.

Health Benefits of Cucumbers

- It is one of the very low calories vegetable. It contains no saturated fats or cholesterol.
- It is a very good source of potassium, an important intracellular electrolyte. Potassium is a heart friendly electrolyte; helps reduce blood pressure and heart rates by countering effects of sodium.
- It contains unique anti-oxidants in good ratios such as **β-carotene** and **α-carotene**, vitamin-C, vitamin-A, **zea-xanthin** and **lutein**. These compounds help control the aging process and can reduce the chances of getting sick.
- Cucumbers have mild diuretic property probably due to their high water and potassium content, which helps in checking weight gain and high blood pressure.
- They are surprisingly have high amount of **vitamin K**, which has been found to have potential role in bone strength by promoting osteotrophic (bone mass building) activity.

Dear teachers,
Thanks for taking the first 5 minutes of class to discuss our "WOW" topic dark chocolate!! Here are some interesting facts about dark chocolate to help guide your discussion...

- There are different types of chocolate (milk, white), but one actually has health benefits-dark!

- Chocolate comes from cacao beans that grow on cacao trees (also known as cocoa beans/trees).

- Dark chocolate contains **flavonoids** that act as **antioxidants**. Antioxidants have many benefits and one is help keep our heart healthy.

- Dark chocolate helps lower blood pressure and reduce cholesterol.

- It can also make your brain feel good by releasing natural feel-good chemicals called endorphins. Oh, and it tastes good!

- Eat dark chocolate by itself-not mixed with caramel, marshmallows, and nuts-and in moderation (suggested serving size is 3.5 ounces)

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Source: longevity.about.com & allchocolate.com
Dear teachers,
Thanks for taking the first 5 minutes of class to discuss our "WOW" topics—cabbages and leeks. Here are some interesting facts about milk to help guide your discussion...

• Did you know that cabbage and leeks are in season the month of January?

• Cabbage is one of the oldest vegetables in the United States dating back to the 1600's and comes in many varieties-red, purple, green, and Napa.

• It is an excellent source of fiber and Vitamin C.

• When bottled mayonnaise came on the market in 1903, cole slaw became a popular side dish.

• Do you know what a leek is???? It is an allium vegetable and is related to onion and garlic.

• Leeks are a good choice if you want to improve your cardiovascular health.

• Ancient Greeks and Romans believed that eating leeks had a beneficial effect on the throat and made the voice stronger.

Source: whfoods.com & Grandviewlibrary.org
Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—asparagus!! Here are some interesting facts about carrots to help guide your discussion...

**Interesting Asparagus Facts**

- The name asparagus comes from the Greek language meaning "sprout", it is a member of the Lily family.
- Asparagus cultivation began more than 2,000 years ago in the eastern Mediterranean region.
- Asparagus was first planted in California during the 1860’s. The moderate climate, together with a variety of fertile soil, contributes to the outstanding quality of Asparagus grown in California.
- Asparagus spears grow from a crown that is planted about a foot deep in sandy soils.
- Under ideal conditions, an asparagus spear can grow 10” in a 24-hour period.
- A well cared for asparagus planting will generally produce for about 15 years without being replanted.

**Asparagus Nutrition Information**

- Asparagus is a nutrient-dense food which is high in Folic Acid and is a good source of potassium, fiber, vitamin B6, vitamins A and C, and thiamin.
- It also contains rutin, which protects small blood vessels from rupturing and may protect against radiation.
- This delicious vegetable is high in glutathione, an important anticarcinogen.
- Asparagus has No Fat, contains No Cholesterol and is low in Sodium.

**Nutrition Facts**

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<tr>
<td><strong>Saturated Fat 0g</strong></td>
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<tr>
<td><strong>Sugars 2g</strong></td>
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<tr>
<td><strong>Protein 2g</strong></td>
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Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—carrots!! Here are some interesting facts about carrots to help guide your discussion…

**Interesting Carrot Facts**

- Carrots have been garden-grown for nearly 2,000 years.
- Historians believe carrots originally came from Afghanistan.
- Carrots are nutritional heroes; they store a goldmine of nutrients.
- There are over 100 different varieties that vary in size and color.
- Carrots are available all year. Carrots should have smooth skins, good orange color and be well formed.
- Carrots belong to the Umbelliferae family, named after the umbrella like flower clusters that plants in this family produce.

**Carrot Nutrition Information**

- Carrots are high in vitamin A and carotenoids. The fat-soluble carotenoids are powerful antioxidants that studies show can protect against cardiovascular disease.
- Another carrot compound called falcarinol may help protect against cancer. Studies indicate that one carrot a day could cut the risk of lung cancer in half.
- Researchers believe that one way carrots may prevent cancer is by improving cell to cell communication.
- Carrots also have high levels of Dietary Fiber, Vitamin C, Vitamin K, Potassium, Thiamin, Niacin, Vitamin B6, Folate and Manganese
- Carrots are a great choice for maintaining optimal health and weight loss.

![Nutrition Facts](http://www.bellybytes.com/foodfacts/carrot_facts.html)

**Nutrition Facts**

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Source:


Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic— Sun Safety!!  Here are some interesting facts about Sun Safety to help guide your discussion…

Did you know……..

- We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and repeated unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and skin cancer.
- Limit outdoor playtime between 10a.m. and 4p.m that is when the sun’s rays are the strongest. Find something indoor to do during this time and go outside later.
- Find SHADY areas to play in.
- Make your own shade at the beach with a pop up tent or canopy, or even a beach umbrella.
- Apply sunscreen properly. Generously apply sunscreen 30 minutes before going outside.
- Choose a sunscreen with SPF 15 or higher. Colored sunscreens make it easier to see which areas have been covered well. Don't forget nose, ears, hands, feet, shoulders, behind the neck and even on your scalp if you have short hair or where you part your hair ladies!
- Lips can also burn, so apply a lip balm with SPF protection.
- Reapply sunscreen every 2 to 3 hours, or after sweating or swimming.
- Cover up. Wearing protective clothing and hats is one of the most important ways of warding off UV damage.
- And don't forget the accessories: Sunglasses! with UV protection to guard against burned corneas, and hats to prevent sunburned scalps and faces.

Article Source:  
Working on Wellness (WOW) is a new program that we will be implementing this year at DCE. The goal of the program is to help the Deep Creek Elementary faculty, staff, students, and community learn about the importance of wellness. To support this effort, we will implement activities that are designed to focus on the 5 of the 7 components of wellness (physical, emotional, social, intellectual, and environmental).

The WOW program will kick off in October. Every Wednesday, we will share a wellness related fact with students and faculty members during our morning announcements (it will be called Wellness on Wednesdays).

As part of the program we will also be sending home health and wellness related tips in our parent newsletters and posting tips on the school website (www.cpschools.com/schools/DCE/index.htm).

The Wellness Committee will also sponsor events throughout the year designed to involve families in fun and engaging wellness activities (below are some of our ideas).

- Family Fun nights (held once every two months)
- Annual Family Fun Run!
- Health Fair Night
- Jump Day (in conjunction with our Jump Rope for Heart program.
- And much, much more!!

We hope that you will come and join us for some fun as we put WOW into action to make a positive difference at Deep Creek Elementary.

The Wellness Committee...

Mr. Triolet, Ms. Bradshaw, Mrs. Koonce, Mrs. Fitzgerald, Mrs. Abrams, Mrs. Byrd, Mrs. R. Hill

An apple a day...
November Newsletter

What a Great Start!

Make a healthy choice…

“Eat healthy stuff!”

“Move around enough!”

“Live tobacco and drug free!”

From Coach Goody, Health Talk Videos

Coming in November

October Food Facts!

We (the WOW Committee) would like to thank everyone for taking part in our initiative to improve Wellness at DCE and in our community. During the month of October, we shared some interesting nutrition facts about several food/beverages during our “WOW on Wednesdays” segment during the morning announcements. Below you will find some interesting notes on these items. Students received the Get Active, Get Fit Challenge record sheet in the beginning of the month to encourage at least 15 minutes of physical activity daily. DCE could win a Radio Disney party for our participation in this special challenge which is sponsored by Anthem Health Care and Radio Disney. We also continued our “12 Minutes to Fitness” program for faculty members.

During this month, we will be sharing information on these delicious and nutritious food items; apples, cranberry, turkey, and tofu. On our first Wednesday of the month, all students and faculty members will receive an apple! The WOW Committee will also be co-sponsoring the DCE “Turkey Trot” on Saturday, November 6th at 9:00 A.M.

WATER – The human body is made up of about 67% water. Every cell in the body needs water. Lack of water is the #1 cause of daytime tiredness.

BROCCOLI – It is a good source of Vitamin A, and vitamin C, potassium, folacin, iron and fiber. Broccoli has as much calcium ounce per ounce as milk.

PUMPKIN – Pumpkin is very rich in carotenoids, which is known for keeping the immune system of an individual strong and healthy. Beta-carotene, found in a pumpkin, is a powerful antioxidant as well as anti-inflammatory agent.

On the back of the newsletter are a couple of healthy recipes you can try in the month of November. Enjoy!!

The Wellness Committee

Mr. Triolet, Ms. Bradshaw, Mrs. Koonce, Mrs. Fitzgerald, Mrs. Abrams, Mrs. Byrd, Mrs. Hill (RN)
November Healthy Recipes

Roasted Broccoli with Garlic (from www.weightlossandtraining.com)

**Ingredients**
- 1 head broccoli, cut into florets, stems peeled, and sliced or diced (about 1 1/2 pounds)
- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, sliced
- kosher salt & freshly ground black pepper

**Directions**
Preheat oven to 450 degrees F.
Toss the broccoli florets with the olive oil, garlic, salt, and pepper on a baking sheet. Spread them out and then roast, without stirring, until the edges are crispy and the stems are crisp tender, about 20 minutes.
Serve warm.

Pumpkin Cranberry Muffins (from www.lowfatcooking.about.com)

**Ingredients**
- 2 cups all-purpose flour
- 3/4 cup sugar
- 1 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1 cup pumpkin puree
- 1 large egg, lightly beaten
- 1/4 cup canola oil
- 1 cup nonfat milk
- 1 cup fresh cranberries, chopped

**Directions**
Preheat oven to 350 degrees. Coat a muffin pan with nonstick cooking spray.
In a large bowl, combine flour, sugar, baking soda, salt, cinnamon, ginger and nutmeg. Combine pumpkin, beaten egg, oil and milk in a medium bowl. Make a well in dry ingredients; add pumpkin mixture and stir until just combined.
Fold in chopped cranberries. Fill muffin cups and bake for 22-25 minutes.
Makes 12 muffins
The month of February is the shortest month of the year, but we had an awful lot of fun at DCE. Our students and faculty learned a lot about oatmeal, grapefruit, cheese, and almonds. Read below to learn more about these delicious and healthy foods. During the month of February, we also held our annual Jump Rope for Heart event. As part of the event, our Family Fun activity was our first ever Jump Day. As a result of our fundraising, we were able to raise over $4000.00 for the American Heart Association.

During the month of March, we will be sharing information on these delicious and nutritious food items; cantaloupe, pineapple, corn beef, lettuce, and avocado.

**OATMEAL** – Did you know that oatmeal is a heart healthy food that is most commonly made by grinding oat groats (whole oat kernels). Oatmeal not only helps to reduce artery clogging cholesterol, but it can actually complete remove it! Besides the many nutritional benefits of oatmeal, it is also great for your teeth.

**GRAPEFRUIT** – Grapefruits come in many colors (yellow, pink, white, or ruby). This delicious fruit is part of the citrus family. They are related to oranges tangerines, lemons, and limes. Grapefruits are chosen as a breakfast food (they are sliced in half and the sections are scooped out with a spoon). They are a great source for Vitamin C.

**CHEESE** – There are over 2,000 varieties of cheese. It takes about 10 pounds of milk to produce 1 pound of cheese. Cheese is included under the “dairy” portion of the Food Pyramid (www.mypyramid.gov). Cheese is a great source of calcium and protein (but it can be high in fat so look for low-fat or fat-free cheese choices).

**ALMONDS** – Almonds actually grow on trees. All of the almonds produced in the US come from California. A serving of almonds id considered to be 1 ounce which is equal to about 23 almonds. Each serving on almonds is packed with protein, fiber, and many vitamins and minerals.

On the back of the newsletter are a couple of healthy recipes you can try in the month of November. Enjoy!!
Oatmeal Raisin Cookies

Ingredients
4 tablespoons (1/2 stick) margarine, softened
2 tablespoons heat-stable sugar substitute equal to 3 tablespoons sugar
1/4 cup egg substitute or 2 egg whites, lightly beaten
3/4 cup unsweetened applesauce
1/4 cup frozen unsweetened apple juice concentrate (thawed)
1 teaspoon vanilla
1 cup all-purpose flour
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt (optional)
1-1/2 cups Quaker® Oats (quick or old fashioned, uncooked)
1/3 cup raisins, chopped

Directions
Heat oven to 350°F. Lightly spray cookie sheet with cooking spray.
In large bowl, beat margarine and sweetener or sugar until creamy. Add egg substitute; beat well.
Add applesauce, apple juice concentrate and vanilla; beat well. Add combined flour, baking soda, cinnamon and salt; mix well. Add oats and raisins; mix well.
Drop dough by rounded teaspoonfuls onto cookie sheets.
Bake 15 to 17 minutes or until firm to the touch and light golden brown. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely.
Store tightly covered.

Happy Trail Mix

Ingredients
1 cup low-fat granola
1/2 cup raisins
1/2 cup dried apricots
1/4 cup roasted and salted almonds
1/4 cup M & M’s or other chocolate candies

Directions
1. Combine all of the ingredients in a mixing bowl. Store in an airtight container for up to 4 weeks. To roast whole, slivered, chopped or sliced almonds: Spread in an ungreased baking pan. Place in a 350°F oven and bake 10 minutes or until golden brown and fragrant; stir once or twice to ensure even browning. Note that almonds will continue to roast slightly after removing from oven.
Serving Size: about 1/2 cup
PRESS RELEASE
For Immediate Release
Jan. 13, 2012

Media Contact
Richard Foster
(804) 497-0871

First Lady of Virginia, 5,000+ Kids to Celebrate Virginia Healthy Youth Day on Jan. 19
Va. First Lady and 400 Richmond-area children will be at State Capitol event on Jan. 19. 5,000+ kids will celebrate at 20 other events across the commonwealth.

- WHAT: Third annual Virginia Healthy Youth Day.
- WHERE: Virginia State Capitol Bell Tower, 101 N. 9th St., Richmond VA 23219
- WHEN: Thursday, Jan. 19, 10 a.m. to 11 a.m.
- DETAILS: First Lady of Virginia Maureen McDonnell will kick off celebration of physical fitness and healthy living with 400 school children from Chesterfield, Hanover and St. Gertrude on State Capitol lawn. More than 5,000 children will celebrate at 26 other Va. Healthy Youth Day events statewide. Special guests at Richmond event include: YMCA of Greater Richmond fitness instructors; Richmond Ballet’s Minds in Motion; Nutzy and Zinger from the Richmond Flying Squirrels; and VCU’s Rodney the Ram and other Virginia university mascots.

RICHMOND, VA – First Lady of Virginia Maureen McDonnell and more than 5,000 children around the commonwealth will help the Virginia Foundation for Healthy Youth (VFHY) celebrate its third annual Virginia Healthy Youth Day on Thursday Jan. 19!

Established by a Virginia General Assembly resolution, Virginia Healthy Youth Day is held every January by VFHY and promotes physical fitness, good nutrition and healthy lifestyles for Virginia’s children.
Virginia Healthy Youth Day
Writing Prompts

On Virginia Healthy Youth Day, please help students learn about healthy eating through a balance diet of daily journal prompts!

Kindergarten:
1. Draw a picture of your favorite food and describe it.
2. Draw picture of your favorite way to get active. Write a sentence about the activity.
3. Write down two of your favorite healthy snacks.

Grade 1:
1. What is your favorite food group?
2. What are some of your favorite healthy snacks?
3. Write a poem about the food groups.
4. Write a poem about the importance of eating healthily.

Grade 2:
1. How do you feel after eating a healthy meal?
2. What is your favorite food group? Why?
3. What are some of your favorite healthy snacks?
4. Write a poem about the food groups.
5. Write a poem about the importance of eating healthily.

Grade 3:
1. How could you eat healthier?
2. How do you feel after eating a healthy meal?
3. If you could make your own balanced diet, what would it include?
4. Write a poem about the food groups.
5. Write a poem about the importance of eating healthily.

Grade 4:
1. Why do we need to have balanced diets?
2. How could you eat healthier?
3. If you could make your own balanced diet, what would it include?
4. Write a poem about the food groups.
5. Write a poem about the importance of eating healthily.

Grade 5:
1. Why do we need to have balanced diets?
2. How could you eat healthier?
3. If you could make your own balanced diet, what would it include?
4. Write a poem about the food groups.
5. Write a poem about the importance of eating healthily.

Drawings are encouraged!!

The best submissions will be posted outside the gym for all to see, so please share the writing samples with Mr. Triolet and Mrs. Pogue. Thanks!
Faculty and Staff –

Deep Creek Elementary (led by the PE staff & any of you who would like to volunteer ☺️) will be taking part in the third annual Virginia Healthy Youth Day on Thursday, January 19th, 2012. We are excited to support this state-wide initiative that focuses on student health, physical activity, and wellness!

Mrs. Pogue and I have contacted the DCE PTA and the DCE Community Relations Committee and they have agreed to help plan and prepare for this event. At this time, we are planning some school-wide activities on the 19th during the school day and we will host a physical activity/health fair on Thursday evening for families. As part of the event, we will be submitting for a grant to support some of the activities and we will be searching for community members who may be able to contribute their time/resources. If you have any suggestions or contacts, please respond to this email. We would really like your input & involvement to help make this event a big success.

Remember to mark Thursday, January 19th, 2012 on your calendars!

Thanks!

Chad and Tristan
Faculty and Staff -

Thank you in advance for supporting our Virginia Healthy Youth Day event on Thursday, January 19th.

Mrs. Pogue and I are working feverishly to put together a schedule of activities for the day. We will have something in everyone's mailbox by Wednesday afternoon.

Here are a couple of things that are planned for our event.

1) We will start the day with an ACES (All Children Exercise Simultaneously) activity. We would like for you to encourage all of your students to get up and move during this activity that will be led by Mr. Triolet and Mrs. Pogue via the morning announcements.

2) During lunch (thanks to Mrs. Huggins), all students will be able to choose an item for a "free" taste test. At this time, I believe they will be serving some types of yogurt and toppings, yummm!

3) During the middle of the day, students from the Health and PE Department from Old Dominion University will be working with individual classes for recess. There will be a sign-up to participate in these mini-lessons located in the office. We highly encourage teachers to take advantage of these mini-lessons so make sure you sign-up!!.

4) We will posting a NEW Coach Goody video for all students to watch at some point during their day on Thursday. The video will be posted on the teacher drive in the folder titled (2012 VA Healthy Youth Day).

5) You will also find some Energizing Brain Break video clips to use as an active transition during your day. We encourage all teachers to try one or two of these active break videos during the day.

6) We will also have Mr. Vaughn (Alice's husband) speaking with students about AAU Track and Field.

7) Mrs. Thacker (the CPS Nutritionist) will be doing a presentation for our Kindergarten students focusing on nutrition and healthy choices.

8) Mrs. Hill (nurse) will be visiting 3rd-5th classes that sign up (sign-up in the office please) to share some great everyday healthy related tips to help our students make good choices regarding their own health (this is a 15 minute interactive presentation, two classes can join together for this presentation).

9) You will also receive a health related writing prompt for your students to complete before the end of the day or as homework. We will be collecting these writing samples and posting the best of them outside the gym for all to see.

As you can see, we will have lots of great activities planned for Thursday. We hope that you will be an active participant with your class. Please remember, all teachers are allowed to dress comfortably (professional workout/sweat suit) on Thursday. Again, thanks for your support!!

Chad Triolet and Tristan Pogue
DCE Physical Education
Sign Up
Healthy Recess Sessions by students from ODU
Thursday, January 19th.

Teacher’s please sign your name in the box to schedule your time. The location will depend on the presenter so please make a note of the time and location. Please escort your class to the location listed for your presentation. **These presentations are geared for students grades first though fifth. Please only sign up for 1 session.** Thank you!

<table>
<thead>
<tr>
<th>PRESENTER(s)</th>
<th>TIME</th>
<th>LOCATION</th>
<th>TEACHER NAME</th>
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<tbody>
<tr>
<td>Blue 1</td>
<td>9:00-9:15</td>
<td>Room 308</td>
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<tr>
<td>Monarch 1</td>
<td>9:00-9:15</td>
<td>Cafeteria</td>
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<tr>
<td>Blue 1</td>
<td>9:30-9:45</td>
<td>Room 308</td>
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<tr>
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<td>Cafeteria</td>
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<td>Blue 1</td>
<td>11:00-11:15</td>
<td>Room 308</td>
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<tr>
<td>White 1</td>
<td>11:00-11:15</td>
<td>Room 305</td>
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<td>Monarch 1</td>
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<td>Outside (meet in front of the gym)</td>
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<td>Blue 1</td>
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<td>White 1</td>
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<td>Room 305</td>
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# National Sport and Physical Education Week (May 1-7)

During the week of May 1st through May 7th (Tuesday-Monday), Deep Creek Elementary will be celebrating National Sport and Physical Education Week by taking part in the Let’s Move in School Challenge. Throughout this week, each day will have a theme and we are planning a variety of fun and educational activities designed to promote regular physical activity and living a healthy lifestyle based on the theme. Each day will have a journal topic, a Coach Goody video, activity, Mr. Mac moves a lot, and you can earn extra credit if your class does 1 additional movement break in the classroom that day. Since each day is themed we encourage everyone to dress for the theme! You can also earn extra credit if the classroom teacher dresses up! We are challenging each class to complete daily tasks to earn points to earn an extra physical education class the following week. Keep track of your score on your score card and turn it in to Mr. Triiolet on Tuesday, May 8, 2012.

**Tuesday - Get Your Groove on Day** - Dress in a 70’s outfit (tie-dye, hairbands, bell bottoms, peace signs, etc.)

<table>
<thead>
<tr>
<th>Daily Activity</th>
<th>We will do our Let’s Move in School Kickoff with another morning dance over the announcements. We will explain to students the challenges and activities for the week on video for you to play in your classroom following the announcements.</th>
</tr>
</thead>
</table>
| Journal Entry  | 1-2nd grade - If you could dance like an animal, what animal would you dance like and why?  
3-5th grade - If you were selected to be in a Dance Competition, who would you want to dance with you and why? |

**Wednesday - Team Jersey Day** – Wear your favorite team jersey.

<table>
<thead>
<tr>
<th>Daily Activity</th>
<th>During recess, have your class participate in a fun Team Building activity. You can download instructions from the 2012 Sport and PE Week folder on the faculty shared drive. If you need equipment for the activity, ask Mr. Triiolet or Mrs. Pogue for some help.</th>
</tr>
</thead>
</table>
| Journal Entry  | 1-2nd grade - What is your favorite sport to play? Draw a picture!  
3-5th grade - If you could be any athlete, who would you be and why? |

**Thursday - Olympic Day** – Wear Red, White and Blue for team USA!

| Daily Activity | During recess today, take your students on a mini-marathon around the playground following the DCE Running Trail  
1-2nd grade - What is Olympic Sport would you like to compete in? Draw a picture!  
3-5th grade - What Olympic Sport would you like to compete in? |
<table>
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<tbody>
<tr>
<td>Journal Entry</td>
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</table>

**Friday - Healthy Hornet Day** – Wear your purple and white; show your Hornet Pride!

| Daily Activity | The entire school will take part in the ACES (All Children Exercising Simultaneously) Walking Challenge. Weather permitting; all classes will exit the building at 10:00a and go for a 10-15 minute walk on our school grounds.  
1-2nd grade - What is your favorite healthy food?  
3-5th grade - What is your favorite healthy food? Why do you like it so much? |
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<tbody>
<tr>
<td>Journal Entry</td>
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</table>

**Monday - Celebrating the Moving Brain Day** – Wear your favorite “thinking cap” (sports team hat).

| Daily Activity | Try on of the great Brain Break videos. You can find them on the faculty shared drive in the folder titled, 2012 Sport and PE Week  
1-2nd grade - What is your favorite way to get your brain and body moving?  
3-5th grade - How does being active help your brain? |
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<tbody>
<tr>
<td>Journal Entry</td>
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# National Sport and Physical Education Week Score Card

Thank you for participating in National Sport and Physical Education Week. We hope you have a lot of fun and many opportunities to incorporate movement into your classroom and the benefits it has on learning. Thank you for your help reinforcing the importance of being healthy by eating smart and moving each and every day!

<table>
<thead>
<tr>
<th></th>
<th>Tuesday, May 1</th>
<th>Wednesday, May 2</th>
<th>Thursday, May 3</th>
<th>Friday, May 4</th>
<th>Monday, May 7</th>
<th>TOTAL</th>
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</thead>
<tbody>
<tr>
<td><strong>Journal (5pts)</strong></td>
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<tr>
<td><strong>Coach Goody Video (5pts)</strong></td>
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<tr>
<td><strong>Mr. Mac Moves A Lot (5pts)</strong></td>
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<tr>
<td><strong>Movement Break (5pts)</strong></td>
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<tr>
<td><strong>Activity of the Day (5pts)</strong></td>
<td>Dance</td>
<td>Team Building Activity</td>
<td>Mini Marathon on DCE Running Trail</td>
<td>ACES walk</td>
<td>Brain Breaks Video</td>
<td></td>
</tr>
<tr>
<td><strong>Teacher dressed up! (5 pts)</strong></td>
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</table>
Mr. Mac Moves-A-Lot Challenge
Deep Creek Elementary School

Move over Flat Stanley, and make room for Mr. Mac Moves-A-Lot. Mr. Mac who? He’s going to tag along with students at Deep Creek Elementary School (DCE) and participate in individual, group/team, family fun and fitness activities that make us healthy! Soccer, baseball, and softball season has begun; maybe Mr. Mac could tag along and go to a practice or game. Family hike? Great! Mr. Mac loves to get active, and would feel honored to be a part of a family or team picture. Here is how Mr. Mac will be included in DCE students’ healthy activities:

- Get a Mr. Mac Moves-A-Lot and instruction sheet from Mr. Triolet or Mrs. Pogue.
- Decorate and cut Mr. Mac out.
- Take Mr. Mac to an activity that focuses on fun and fitness. Take a picture and write up what he was involved in (on a 3x5 or 4x6 index card) and turn it in to Mr. Triolet or Mrs. Pogue.
- Mr. Triolet or Mrs. Pogue will post your “Mr. Mac” picture and write up on the physical education bulletin board.

Mr. Mac loves to be active. Do not allow him to sit around and turn into a couch potato! To stay healthy and active, it’s really important to remember to “Fuel Up to PLAY 60!” so get up and get active and take Mr. Mac with you! Go for a bike ride, take a hike, perform your martial arts moves, practice your ballet and dance moves. Make it healthy, make it fun. Have your family, friends, and/or team join you. Be safe and creative, and make sure not to forget Mr. Mac.

If you have any questions, feel free to contact Mr. Triolet or Mrs. Pogue at

Chad.triolet@cpschools.com
Tristan.pogue@cpschools.com

Mr. Triolet, Mrs. Pogue, and Mr. Mac Moves-A-Lot

DCE Physical Education Department
Mr. Mac Moves-a-lot
2012 National Sport and PE Week
Faculty Feedback Form
(please return to Mr. Triolet by Friday, May 11th)

1) Did you and your class participate in all of the activities that were provided during NSPE Week?

YES or NO (circle one)

If NO, which activities were omitted? __________________________________________________________

________________________________________________________________________________________

2) Did you and your class watch the kickoff video?

YES or NO (circle one)

If YES, was the video helpful, how so? ______________________________________________________

________________________________________________________________________________________

3) What did you like about the activities provided for NSPE Week?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

4) What are some ideas or areas that we could improve for next year’s NSPE Week?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

5) What are your feelings about the amount of time required to participate in NSPE Week activities?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Thanks so much for taking the time to complete the survey!

Mr. Triolet and Mrs. Pogue
Flying Animals

Equipment: 6 rubber animals, 4 – 6’ parachutes, 2 hula hoops

Split the class into two equal teams.

Each team will have two parachutes and three frogs.

The objective is pass the animals back and forth using only the parachute.

The teams will split themselves between the two parachutes and stand so that the parachutes are about 5 feet apart. One team will place an animal on top of the parachute and working together try to launch the animal to the second parachute.

The instructor can provide tips or hints if the students are having a difficult time (i.e. use a common starting signal, angle the parachute toward the other team, be ready to move when catching the animal, etc.).

Additional challenges:
1) See how many successful passes can be made in one minute.
2) Have one teammate hold a hula hoop and try and launch the animal through the hoop before it is caught.
3) Launch more than one animal and see if they can all be caught.

** Discuss how important it is to communicate and work together in order to be successful at the task.
Knots –

Equipment: Students!

Split the class into two equal teams for an easier challenge. You can combine teams in the end if time allows.

The objective is to create a knot by holding hands and to untangle the knot without letting go! The team should be standing in a circle by the end. Don’t be surprised if they aren’t all facing the same way though.

Have the students huddle together facing each other. Reach ONE HAND in and grab someone else’s. (You may have an extra hand left over, no worries) After all hands are grabbed, reach the other hand in and grab the hand of someone NEW. Once everyone is holding someone else’s hand, you may begin working together to untangle the knot they just created.

**Make sure friends didn’t only grab their friend’s hands.
**They may not let go at any time while untangling the knot.
**Pay attention as teams are working together, SOMETIMES there are two circles.

The instructor can provide tips or hints if the students are having a difficult time. i.e. Take turns communicating. Bend down so someone can step over your arm.

This activity is all about COMMUNICATION and working together.

**Additional challenges: Have entire class untangle a knot.
** Discuss how important it is to communicate and work together in order to be successful at the task.
Number Line Up –

Equipment: Students! Space that allows for class to stand in a straight line. They can stand in a line on the ground, or you can find an area that has a line marked. Maybe something to stand on for a harder challenge. Be Creative and have some fun with it.

Ideas for lines - Wood that marks off the playground.
Yellow lines on bus ramp.
Lines on softball field.

Begin by lining students up in a straight line SIDE BY SIDE. Then going from Left to Right number the students 1,2,3,4…..

The objective is to reverse the number order without stepping off the line. In the end the students should be ordered left to right ….4,3,2,1

**You can split the class into two teams to make the challenge easier.

The instructor can provide tips or hints if the students are having a difficult time. i.e. You can touch each other to help balance the other student. What if you bent down?

Additional challenges:
Reverse order without talking
Put yourselves into alphabetical order by last name!

** Discuss how important it is to communicate and work together in order to be successful at the task.
**TARPS**

**Equipment:** 2 Tarps

**Activity:** Divide the class into two equal teams.

Each team will have a tarp and will stand on top of it.

The objective is to flip the tarp over without having any member of the team touching the floor.

Before the teams begin, allow for some discussion time to develop a plan of attack.

The instructor can provide tips or hints if the students are having a difficult time.

**Discuss how important it is to communicate and work together in order to be successful at the task.**