Community Events

Arts on the River: Getting Fit with Fitness and Healthy Recipes
Palate Your Plate Food Pyramid Buffet

Location

Riverside Jr. High School
Hamilton Southeastern Schools
Fishers
www.hse.k12.in.us
317.915.4280

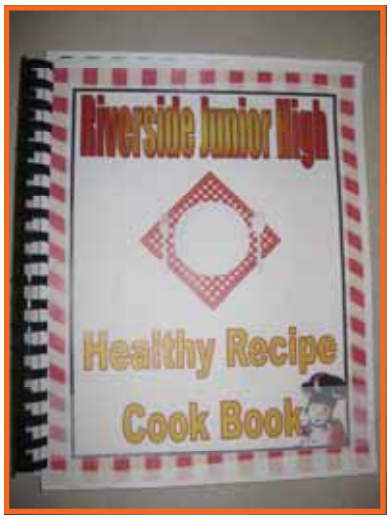
Community Event

Icons Present:

2 MED -HIGH

What we did:

Every year Riverside Jr. High holds an event called "Arts on the River (AoR)". This event showcases various student "arts" such as music, band, orchestra, and art. This year, wellness components were added by inviting local fitness instructors to teach four physical activity "art forms" including body combat (series of martial arts), ZUMBA® routines, boot camp, and body jam (hip hop & traditional dance). These classes were set up in 20 minute segments. Everyone was allowed to participate. Prior to the event students developed a healthy recipe book that was available to anyone who requested it.



In Hawk Hall (Café), foodservice personnel hosted a final food challenge called "Palate Your Plate Food Pyramid Buffet". It was the PTO's idea to give the name this title to reflect the art theme of the evening. Different buffet tables were set up for each of the food groups of the MyPyramid (this can easily be adapted for MyPlate). The table cloths and balloons on the tables coincided with the food pyramid colors. The VEGETABLE table served carrots, celery, cucumbers, cherry tomatoes and dill dip. The FRUIT table offered strawberries, grapes, and pineapple. The DAIRY table served frozen yogurt and strawberry yogurt. The GRAINS table offered whole grain wheat rolls and wheat bagels. The PROTEIN table offered sunflowers seeds and hummus served with whole grain crackers. A combination item, a spinach/cranberry/raspberry vinaigrette salad, was also featured.

Best practice tip:

Partner with an existing event within the community to add physical activity and nutrition into the event.

Race To Play

Location

Yorktown Middle School (and Yorktown Elementary School)
Yorktown Community Schools
Yorktown
www.yorktown.k12.in.us
765.759.2660

Community Event

Icons Present:

1-2 MED

What we did:

The "Race to Play" event was the idea of two fifth grade teachers from Yorktown Elementary School. This Saturday event was held in the spring and included a 5K, 15K, and a Kid Fun Run. The event was not only promoted through flyers and emails to parents, but to the community via a local radio station and through announcements in the local newspaper. The Yorktown Police Department assisted with traffic and safety issues. Yorktown Volunteer Fire Department first responders were on hand to assist with medical needs. A large time clock and other donations were received from a variety of community businesses.

Awards were given to the top overall male, top overall female, and the top 3 finishers in each group. The fun run participants received a draw string bag, tiger cup and healthy snacks including bananas, apples, and whole grain bars. The corporation's Wellness Council paid $5.00 of the entry fee for all corporation employees in order to encourage participation.

Best practice tip:

Events like races and walks can be offered as fitness fundraisers. For example, any profits from Yorktown's Race to Play event were to be used to purchase new playground equipment for Yorktown Elementary.

Benjamin Franklin Middle School (Valparaiso) held a walk-a-thon in which students were encouraged to form teams consisting of family and friends. Money raised was used to support school wellness efforts.

Senior Games

Location

Yorktown Middle School
Yorktown Community Schools
Yorktown
www.yorktown.k12.in.us
765.759.2260

Community Event

Icons Present:

1 MED

What we did:

Forty-eight 8th grade students assisted with the *Senior Games*, an annual community event sponsored for seniors by a local community organization. Track and field events included running, a softball throw and long jump. The students measured the distance for the softball throw and the long jump. They timed the running events as well. The students distributed medals to the first through third place finishers. Following the event, the seniors and student volunteers sat on the bleachers together and enjoyed boxed lunches prepared by the food services department. The nutritious lunches provided the number of calories and carbohydrates for each food item.

Best practice tip:

By partnering with a community organization with a strong presence, publicity efforts can be maximized. In addition, the organization can assist with promotional costs associated with the event.

Health Fair (Including Taste Testing & Fitness Walk)

Location

Wakarusa Elementary School
Wa-Nee School Corporation
Wakarusa
www.wanee.org
574.862.2000

Community Event

Icons Present: 1-2 HIGH

What we did:

Over 350 people from the community participated in a health fair with taste testing and healthy snack demonstrations. It was held after school from 4-7 pm on school grounds, including the gymnasium and outdoor parking lot adjacent to the town walking trail. The health fair combined this event with a fitness walk, which the students trained for in the four weeks prior to the event.

Health fair tasting booths included:
Papaya, mango, sugar snap peas, and edamame
Students voted (red/dislike or green/like) for each food they tasted. Each food they tasted earned them a punch on their punch card for a bike raffle.

Additional activities (A) and informational booths (B) to promote wellness included:
Purdue Extension demonstrated healthy food snacks every 45 minutes

- (A) Dunk-A-Doc was set up outside
- (A) Boys Scouts set up a rope bridge and obstacle course for students outside
- (B) Local hospital offered free screenings for BMI, non-fasting cholesterol and blood sugar, plus bone density screenings for adults
- (B) Local eye doctor-eye care for kids & raffled off sunglasses
- (B) Local dentist-dental care & gave out free toothbrushes
- (B) Local police-bicycle safety & distributed free bike helmets

Wakarusa Elementary was pleased with the turnout for their first health fair with nineteen teachers/staff volunteering to help work the event. All were excited about the participation of their students. Students were exposed to new fruits and veggies and liked most of them. Health screenings were completed on over 80 people and given the success, the hospital plans to do it again next year. Local media covered the event on air as well as in print.

Many positive comments were reported. “Thanks for having the family walk. We enjoyed doing this as a family.” “My son came home and asked for a healthy snack because he said he wants to eat healthier. Thanks for doing this program.”

Best practice tip:

Health fairs require many hands to plan and implement. Start well in advance to recruit parents, teachers, and community members to assist with this worthwhile activity. Specifically plan for volunteers to help with set up and tear down after the event.

Variations or other helpful tips for health fairs:
Thomas Jefferson Elementary (Jeffersonville) combined a family fitness walk with a health fair, but offered the event from 10:30 am to 5 pm on a school day to offer parents a variety of times to attend. They also partnered with community partners some of which were the American Heart Association, Red Cross, YMCA, Lymphoma & Leukemia Society, and local hospital and organ donor center.

William Tell Elementary (Tell City) offered a family health fair in conjunction with a book fair. The PTO sponsored the book fair and the wellness committee organized the health fair. Approximately 30 organizations attended and provided pertinent information as well as health/wellness activities to involve participants. Activities included a rock climbing wall, using the elliptical and upright bike, Tae Kwan Do, and line dancing.

Rockville Jr. High School (Rockville) hosted a fitness/health fair in the spring. Sponsored by Purdue Extension and a local hospital, five stations/ booths were set up in the gym. These included asthma education, diabetes education, stretching exercises, what kinds of shoes to select for participating in various physical activities, blood pressure screenings, and a booth with food demonstrations and healthy snack tasting .

North Vernon Elementary (North Vernon) hosted a health fair during the school day from 9:00 am to 2:45 pm. They worked closely with several local organizations including a college nursing department, dietetic association, and dentist. High school teachers joined these groups and together they all helped to design the activity stations. Twenty-six stations were organized in color-coded sections of both gyms. Each grade level of students rotated throughout the stations during a 45-minute time period. Each student carried a map of the stations and earned a sticker to mark the stations that they visited. Some of the stations were:

- Handwashing/**Glo Germ™**–students rubbed **Glo Germ™** powder on their hands, washed, then used a black light to see how many "germs" were still on their hands
- Fishing for Nutrition – students played a matching game to choose healthy snacks
- Heart rate after exercise – students jumped on rebounders/mini trampolines for 3 minutes, then measured heart rate and recorded
- Sugar in popular beverages – students ranked several beverages in order of least to greatest sugar content, then measured out the sugar cubes to show just how much sugar each beverage contained
- Lung capacity – students breathed through narrow straws to simulate restricted breathing caused by lung disorders
- Climbing wall – students made their way across the climbing wall
- Portion Distortion – suggested serving sizes of chips/cereals were shown and compared to what is often eaten