



PHS School Updates for 4/20/15 SCM

School wellness highlights, events, activities and promotions:

- A “Healy Snack Attack” event occurred during all lunch periods on March 25th. Troy School District’s Registered Dietitian, Julie Rankin, and her staff provided free, healthy snacks at lunch to encourage good nutrition. Fruit kabobs and veggies with hummus were served. **(Troy, Larson Middle School)**
- A “Healthy Snack Attack” event occurred during all lunch periods on March 27th. Beaumont Chef Daniel Kellogg and Sodexo Food Service staff member Kim Drohan both donated free, healthy snacks for students to try. They also spoke about their careers and why it is important to eat healthy snacks. **(Grosse Pointe, Pierce Middle School)**
- Noble held its annual Staff Wellness Challenge in March and April. The winning teacher tracked her activity and nutrition goals for 6 weeks, and won a basket filled with health-related prizes. **(Noble Elementary-Middle School, Detroit)**
- For the third year in a row, Henry Ford Academy: School for Creative Studies held a Staff vs. Students Glow in the Dark Basketball game in March. Students donated money to the wellness team to attend, play and purchase healthy snacks and glow sticks at the game. The event raised over \$1,300 for future wellness team activities. **(Henry Ford Academy: School for Creative Studies, Detroit)**
- Dixon Educational Learning Academy hosted a health fair that brought in almost 100 attendees. There were many community vendors including Back Alley Bikes, Henry Ford Hospital, Covenant Community Care, and Joy-Southfield Community Development Corporation. Three students at Dixon won refurbished bikes, and everyone enjoyed healthy seven layer dip samples! **(Dixon Educational Learning Academy, Detroit)**
- University Prep Academy is partnering with local bike-education non-profit Back Alley Bikes to help a dozen students build a bike. Over five weeks the students learn about bike safety and maintenance while building their own bike from salvaged bike parts. Participants get to keep their bike once the program is finished. **(University Prep Academy, Detroit)**
- A six week winter walking club just ended at Pierce Middle School. Participants walked laps after school around the building, and received foot charms for each mile they completed. **(Pierce Middle School, Waterford)**
- In February, Mason Middle School participated in their 23rd annual Jump Rope for Heart event. They raised over \$5,500 for the American Heart Association this year alone, and have raised over



\$200,000 for the AHA to date. Hundreds of students participated in the all-day event. **(Mason Middle School, Waterford)**

- Bryant Middle School held an after-school open gym event that brought in almost 75 sixth graders. Students tried samples of black bean and corn quesadillas, played basketball and volleyball, and entered a raffle for sports-related prizes (including a new bike). **(Bryant Middle School, Dearborn)**
 - For six weeks, Johnson Upper Elementary partnered with Cooking Matters to host a Cooking Matters for Families class. Six parents and their students learned about healthy, easy, affordable cooking from a professional chef and nutrition expert. **(Johnson Upper Elementary, Livonia)**
 - To prepare for the M-Step they are holding activities in the gym each morning for the grade level being tested. The running club took place on Monday from January through March when track started and included 6th - 8th graders. Our cafeteria is offering whole wheat dough pizza on Fridays and is selling more than in past years! The 6th grade classes continue the PHS instruction each quarter. **(Marshall Middle School)**
 - The PHS lessons are being completed as scheduled. The School Wellness Team has been meeting monthly to discuss the implementation of health-related activities around campus. The schools ETV system has been regularly airing the PHS Kick Off skits and daily healthy tips. In addition, the students completed a Healthy Habits challenge in February! Upcoming activities include a Smoothie Day in which students can sample smoothies! **(Grand Blanc East Middle School)**
 - The PHS lessons have been completed! The West Wellness Team continues to promote monthly health tips and this year they held Olympics in March. As part of the Olympics, each team chose a different health topic and videos were created to teach about that topic. Those topics include: yoga, meditation, sleep and healthy eating! The videos were then broadcast on WTV. Links to videos from the Olympics: <https://animoto.com/play/eMakm8pfCpUrCoHkIMLqg?autostart=1>
(Grand Blanc West Middle School)
 - PHS lessons continue to take place in the seventh grade P.E. classes for the second semester of the school year. The lessons were taught in the seventh grade P.E. classes during the first semester which was completed in December, and began in February for the second semester students. Upcoming activities include a healthy habits challenge, fire drill walk, and ACES day participation. **(Carman Ainsworth Middle School)**
 - Skyline High School health ambassadors partnered with the Forsythe Middle School student health team members by serving healthy smoothies at Fun Night last month **(Forsythe Middle School)**
 - Continuing to involve staff in fitness opportunities: they are finishing their weekly Cardio Yoga class, a few got together to do the Pi Day Run, and info has been spread about the upcoming Big House 5K! **(Tappan Middle School)**
 - School-wide Beach Volleyball tournament ends on April 2, 15 with teachers vs. students matches **(Clague Middle School)**
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- March was National Nutrition Month and we had Chartwell Guest Chefs offering "Made to Order" salads, on March 18th. A Spring Kale Salad and an A2 Fresh Salad were available for students to try in the cafeteria **(Ann Arbor Public Middle Schools)**
 - We are going to try a 'walking' staff meeting. We will host the first 30-40 minutes in the gym. We will walk in a circle while we make announcements and discuss different topics **(Scarlett Middle School)**
 - The AAPS Farm to School Collaborative sponsored a successful School Garden Workshop for teachers and communities members in March. Read more: <http://news.a2schools.org/connecting-children-to-the-source-of-their-food-is-goal-behind-aaps-school-gardens-workshop/>
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