

Fitness breaks at the MyPyramid Display



Presentations on sun safety and dental health



BMI's measured during health fair



Healthy and Fun Snacks . . .



Dear Salad Bunny



Veggie Cheese People



Ants On A Log



Cucumber Sandwich



Cucumber with Tomato

. . .made by the kids



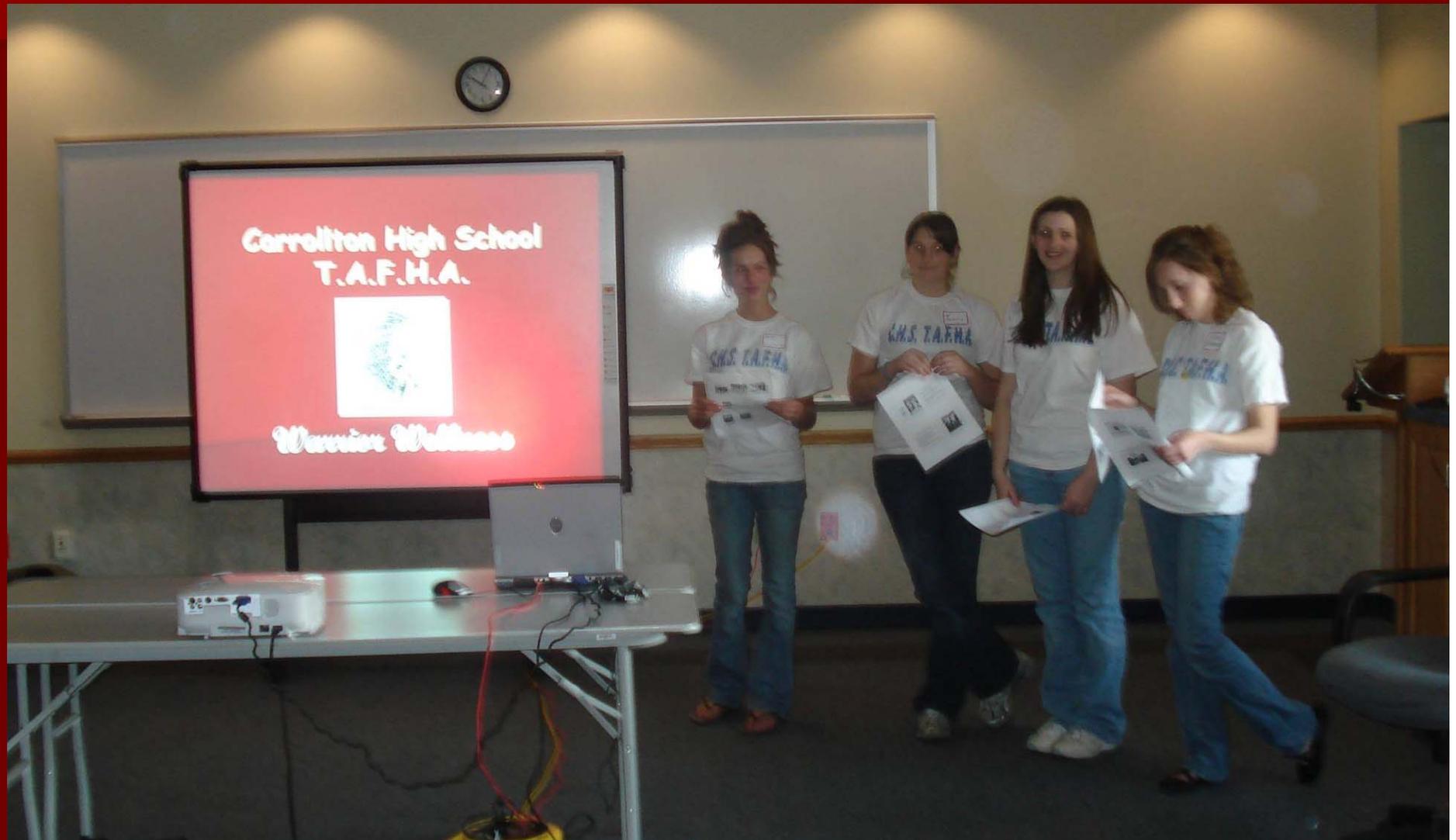
Other things we've done ...

- Participated in monthly Wellness committee meetings
- Promoted National Breakfast Week
 - Made large Power Panther banners
 - Announced benefits of a healthy breakfast during morning announcements
- Added wellness info to our school web site - called "Warrior Wellness"

Other things we've done ...

- Participated in Action For Healthy Kids - Zone 7 sponsored Teen Advocacy Workshop in May 2008
- We got to present our success story to other schools interested in a Teen Wellness Club!
- Obtained other valuable resources and ideas to promote wellness in our school

Teen Advocacy Workshop for Zone 7 CHS presents their successes!



Learning more about "wellness"



Plan for 2008 / 2009

- Continue to attend wellness committee meetings
- Recruit more members to keep the group going - especially underclassmen
- Start a high school wellness lending library
- Plan and assist with future Health Fairs
- Sub sandwich fundraiser couple times a year
- Add more wellness info to school website
- Plan a Walk-a-thon Fundraiser
- Morning Announcements
 - Healthy tips for teens (written by the dietitian member of our wellness committee!)
- Monthly Wellness Promotions:
 - October is School Lunch Week, March is National Nutrition Month, May is Physical Activity Month

C.H.S. T.A.F.H.A. - 2008

Have a healthy day!



Not Pictured:
Brittney Mehalik

Advisors:
Jane Evans
Marilyn Shields
Rhonda Marshall

Jessica
Burks

Emily
Burns

Jennie
Podratz

Michell
eBryan

Cassie
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