

Elementary Youth Services Ideas

Obesity prevention programs:

(Murdock)- Family Mileage Club- Walk with your family for 15 minutes and receive a “Toe Token”. These were colorful shoe tags that could be used as shoe charms, key chains decorations and more

(Murdock)- The Murdock Challenge”-challenged parents, teachers and students to exercise for 30 minutes, 3 times per week. Those that tracked their exercise and met the requirements for 10 weeks got “I survived the Murdock Challenge” t-shirts.

(Murdock)- “Healthy Choice” cards to show students which foods are better choices for the cafeteria food

(Eastside Elementary)- Invited Kaiser Permanente for their educational puppet show on healthy eating.

(Tritt)- Start an “Out to Lunch Program” twice a week. Extend lunch by 15 minutes twice a week so students may have additional exercise time. This is supervised by parent volunteers

(Tritt) Invite nutritionist from “Healthy Inspirations” (a health club for women) to talk to parents about importance of a well-balanced diet and exercise for children

(Many Schools) Hold a “Fun Run” for the community

(Mt. Bethel) “Jump Rope for Heart” (American Heart Ass)

(Mt. Bethel)- Participate in “ Worldwide Day of Play” sponsored by Nickelodeon. The program is designed to encourage kids to engage in a more active and healthy lifestyle. www.everythingnick.com

(Tritt) Honey Baked Ham has pamphlets called C.H.A.T.- Children’s Hour at the Table which provides ideas on how to make mealtime fun and informative. There is also a 10 step program to help parents guide their children in making healthy choices at lunch each day.

(Garrison Mill) Did a “Girls on the Run” program. www.girlsontherun.org

(Garrison Mill) A Cub Scout pack invited boys and their families to a “Bike Rodeo” where the kids brought their bikes and learned about bike safety, how to change a tire and navigate through an obstacle course.

Preadolescent Programs-

Contact “Girl’s Incorporated” for their programs in this area (Growing Together, Willpower/Won’t Power, etc)

Making Wise Choices:

Contact “Team Impact” www.info@team-impact.net

Bus Safety:

Observe “Bus Safety Week” in October
(Tritt Elementary) Start a “Bus Safety Program” with the Safety Patrol and PTA volunteers

Safety:

Contact AAA for brochures on different safety issues for kids (bikes, walking to school, etc

(Mt. Bethel)- Conduct a Gun Safety Pledge for parents (www.pax.com)

(Sope Creek)- Take measures to prevent problems that arise from students using “chat rooms” on the internet (www.chatdanger.com)

(Tritt) Health Fair and invite Wellstar Mobile Unit (vision and hearing tests, blood pressure checks, blood screening, cholesterol, glucose, and metabolic counts. Invite a dentist, pediatrician and chiropractor. Invite a fingerprinting company called “Ident-a-Kid. Invite police to check car seats.

Drugs and Alcohol:

Participate in Red Ribbon Week (see Red Ribbon Week website link)

Ideas in General

Maintain a bulletin board and display information about nutrition, exercise, safety, etc on a monthly basis. Put “pockets” on the board and fill them with informational brochures that the students may take with them.