



Dt WellNESS QUARTERLYHEROES

“Making the Healthiest choice the easiest choice!”

Dear DT family,

I'm sure you've noticed the changes happening at David Turnham thanks to the grant from the Welborn Baptist Foundation. HEROES stands for Healthy, Energetic, Ready, Outstanding, Enthusiastic Schools. To help keep you up to date on the latest wellness news at DT, I will be posting a quarterly newsletter. So, let me give you a quick overview of the changes that we have made so far.

- **Morning routines:** Instead of sitting in the gym prior to the 7:50 bell, the kids are up and moving! If the weather permits, we are outside on the walking/running track, jumping rope, running the agility ladders, and performing different exercises at stations. During rainy or cold days, the kids are making laps in the hallways doing many of the same activities, along with hilltop balance stations and medicine balls. I love to see how excited the kids are about being active in the morning!
- **Fitness Fridays:** Every Friday from 2:30 to 2:55, the upper level classes have Fitness Friday. Our first round of activities featured soccer skills with Mrs. Stevens, dancing with Mrs. Winkler, walking and running club with Mrs. Keller and Ms. Martin, and fitness routines in my room. It's a great way to end the week, and the kids really look forward to it!
- **Fitness and Nutrition Goals:** We're also doing our best to help the kids become more aware of what their bodies need. I've been talking to each grade level and encouraging each student to decide on a fitness and nutrition goal to write on our big boards in the hallway. We talked about eating more green vegetables and replacing sodas with water. They also set fitness goals such as lowering their time in running the mile and being more active during the day. This is a great way for them to personalize their goals to meet their individual needs. Small changes turn into habits, which becomes a routine, and then a fit lifestyle.

Not only have the kids been moving more, but the staff has been busy, too! We just finished our first Staff Wellness Challenge. The staff had an opportunity to take the 8 week wellness challenge that used a point system to reward healthy habits such as drinking water, being active each day, and eating a variety of fruits and vegetables. A big shout out to our first wellness challenge winners...Mrs. Winkler and Mrs. Weyer!

We followed up our wellness challenge by taking part in a 30 day fitness challenge. The staff could choose from several options: ab challenge, push up challenge, squat challenge... If you would like to see more, go to <http://30dayfitnesschallenges.com/#> I am doing the squat challenge, and I can definitely feel it! Sore today, strong tomorrow!

Coming up in the new year:

David Turnham will be starting the SuperFood Heroes program in the upper grades! The kids will be able to do taste tests of some Superfoods and learn about the

great benefits of each new food for their bodies! They have already been sampling some fresh fruit in the cafeteria. One day, they had strawberries and kiwi, and I walked around talking to the kids about how much they liked it. One little girl was particularly excited, so I asked her which was her favorite. She replied, "The seaweed (kiwi), definitely."

Thursday, May 9th is the date of our David Turnham Family Health Fair. Please mark your calendars as this will be a great time to gather with the DT family. There will be plenty of activities, great information, and some awesome prizes!

Growing together as always, please feel free to contact me if you see any great ideas out there to help the wellness movement at our school. Thanks,

Mr. Schulthise