

**West End Elementary School celebrates Go for the Greens:
*Statewide produce pentathlon winner promotes green veggies all month long***



The special teachers at West End Elementary School collaborated with the Mind Body Wellness Center (MBWC) and The Oncology Wellness Center the entire month of March 2009 to promote healthy eating. The month began with a Concert in the Round (Readers' Theater Style) using the book "The Very Hungry Caterpillar". Catherine Baldwin from the MBWC read the book as students sang songs and read healthy food facts.

The whole month in Health class the students learned about the Food Guide Pyramid, Serving sizes, The Heart, and Energy in and Energy out.

During the week of PSSA's, March 16-20, students kept track of their fruit and vegetable intake in a contest called "Go for the Greens." Students made the covers to their booklets during art class that dealt with fruits and vegetables. The booklets were collected everyday and an average of the class was found. One apple represented a serving on the wall to chart each class's progress. The homeroom that ate the most fruits and vegetables received a healthy snack reward provided by Crawford Central Nutrition Incorporated.



The week of March 23-27, Kindergarten through second grades participated in the Hop-A-Thon for Muscular Dystrophy. Third and fourth graders participated in Jump Rope for Heart while the fifth and sixth graders did the Hoops for Heart all to benefit the American Heart Association. The students traveled through an enlarged human heart on the floor to participate in their event.

Wednesday, March 25 was the Annual Youth Arts Night. This showcased budding musicians, artists, athletes and readers promoting arts and nutrition in our school. Books that were read were donated by the Mind Body Wellness Center.

Finally, on March 31, students had a closing snack ceremony where Dana DeArment from the Oncology Wellness Center taught the students how to create a healthy snack from items they can find in their homes.

West End Elementary School, located in Meadville, Pa., is a part of Crawford Central School District. Health and Physical Education Teacher, Erin Roche, coordinated the school's month-long Go for the Greens celebration. <http://www.craw.org/>