



## Park Forest Middle School Mixes PSSA Testing with Healthy Learning and Outdoor Fun!

– Bobbi Jo Hill, Health and Physical Education Teacher

It's no surprise that students at Park Forest Middle School look forward to the week of standardized testing each year; their hard work in the classroom is rewarded with a multitude of great activities.

During PSSA testing in April, 850 Park Forest Middle School students were given the opportunity to participate in a health fair and engage in fun, outdoor physical activities.

Part of the State College Area School District, Park Forest Middle School participates in the statewide teen health promotion campaign, nrg Powered by Choice. Through funding from the Highmark Foundation's Healthy High 5 initiative, the nrg Powered by Choice campaign empowers teens to make healthy choices and encourage their peers to do the same.



To help students learn how to make healthy choices, Park Forest Middle School's health fair featured 46 vendors that set up a variety of health-related or health promotion



booths. Some of the booths included a hand washing demonstration, Penn State Sports Camps, blood pressure screenings, healthy smoothies, drug and alcohol prevention by local police and military, hearing screenings, golf demonstration, and so many more!

Students were called into the gymnasium by team after completing the PSSA. Each student was given a bag to keep their "goodies" in and a door prize entry ticket that they could place in a prize bucket of choice at the end of the period.

As students exited the health fair, they were able to choose from more than 20 prizes donated by local businesses. Prize winners were announced at the end of the day. The health fair was such a great success, the local television station came out to cover the school's efforts.

Once students finished visiting the health fair, they were then given the option to participate in a number of different field day activities. Activities included capture the flag, tennis, beach volleyball, and walking on the track.

The nrg Powered by Choice campaign is a program of the Center for Nutrition and Physical Activity Promotion at Penn State Hershey Children's Hospital.



The campaign is funded by Highmark Healthy High 5, a children's health promotion initiative of the Highmark Foundation, created to change behavior in young people ages 6-18 and improve eating habits and physical activity. For more information, visit [www.highmarkhealthyhigh5.org](http://www.highmarkhealthyhigh5.org).