

Claysville Elementary School hosts "Family Fitness Night."

– Mary Kay J. Davis, M.Ed., Assistant Principal

On April 22, 2010 Claysville Elementary School Wellness Committee sponsored a "Family Fitness Night." With more than 175 participants, the fun and educational event included five interactive stations with activities for all ages:

1. Fit for Fun
2. Fit for Life
3. Fit for Joy
4. Fit for Food
5. Fit for Play

The "Fit for Fun" station featured line dancing and an obstacle course.



"Fit for Life" was a health fair where local community agencies presented interactive information. A local dentist provided a toothbrush demonstration using the colored tabs to identify plaque; the school nurse utilized a black light to show students and adults the germs on their hands before and after washing; and a local optometrist gave vision screenings. The American Cancer Society, Washington Drug and Alcohol Commission, and Washington Hospital were also present with educational resources and interactive activities.



The highlight of the "Fit for Joy" station was a drum circle lead by Mr. Nathan Rumbaugh that focused on stress management.

A McGuffey School District alumni, Chef Blakemore, facilitated a session, "Fit for Food," focusing on healthy snacks. All participants made an apple peanut butter wrap and learned how to make fresh banana ice cream.

The "Fit for Play," featured the premier of an original DVD made by Claysville Elementary students in third through fifth grades. Students in each grade worked with the computer teacher to develop unique skits on *Healthy Living*. Third graders produced skits on healthy activity, fourth grade students worked on healthy habits, and fifth graders presented on healthy foods. The 15-minute DVD was recorded by high school video production students and produced by Parker Productions.



Every "Family Fitness Night" participant received a complimentary copy of the DVD. Each elementary classroom teacher also received a copy to use as a resource in Science/Health classes. The DVD project will be replicated each year as a collaborative project between the physical education, computer and English teachers.



In addition to each of the five stations, the Wellness Committee gathered activity-related door prize donations including a Wii gaming system and Wii Fit, Pittsburgh Pirates tickets, Washington WildThings tickets, Wheeling Nailor tickets, a Pittsburgh Steelers autographed football, a brand new bicycle and helmet, and more!!

Overall, the evening was a great success; the Wellness Committee received tremendous feedback and plans to continue this initiative with similar events in the future.

Claysville Elementary School located in Claysville, Pa. and is part of the McGuffey School District. The school is a member of the nrgBalance Zone campaign, a program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital that promotes healthy school environments.