

Port Allegany Elementary School Celebrates Healthy Living Year-round

– Jessica Rohrer, School Nurse

Throughout the 2009/2010 school year, Port Allegany Elementary School celebrated different health-related themes/events each month.

The school's favorite and most successful activity was Apple Crunch. During the month of October, the school nurse toured the cafeteria on different days looking for students who were eating a fruit and/or vegetable as part of their lunch. These students received a paper apple. The students with the most paper apples at the end of the month won "healthy" prizes.



Students and parents, alike, enjoyed this activity. Many parents commented that their kids were actually asking for fruits and vegetables in their lunch! In addition to awarding paper apples, second and fourth graders had the opportunity to participate in an apple tasting. And each morning during the month of October, fun apple facts were read as part of the morning announcements.



In addition to Apple Crunch, the school participated in the nrg Walks Challenge, Go for the Greens, and Move it Outside. During April, as part of Move it Outside, students pledged to turn off their televisions for one week. The classes who had 100 percent of students sign the pledge were rewarded with extra recess time – outside. Parents were reporting that their kids were scolding them for watching television.

Throughout the school year, all 470 of Port Allegany Elementary School students took part in at least one of these nutrition and physical activity-related activities.

Port Allegany Elementary School, located in Port Allegany, Pa., is part of the Port Allegany School District. The school is currently enrolled in 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.