



MEDIA RELEASE

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Teaching Health Habits

With childhood obesity becoming a growing concern, educators are increasing their skills at teaching students healthier habits.

A one-day workshop - "Are You Fatter Than A 5th Grader (Should Be)?" - was held September 18 at the Jones Institute for Educational Excellence at Emporia State University.

Goals of the day included introducing ways elementary classroom teachers can assist students in improving nutritional habits and increasing physical activity. The workshop included nutrition lesson plans, ideas for fitness breaks, recess activities, hydration effects, and content integration through movement.

The workshop was taught by ESU instructors Dr. Vicki Worrell and Dr. Joella Mehrhof.

Both presenters are often seen in the area elementary schools as they supervise university students, as well as provide initiative and guidance to such programs as the "Read and Run Marathon," the "Elementary Pen Pal Program," the "Red Shoelace Program" and "Kansas Kids Fitness Day."

Educators attending the conference included:

USD 245, LeRoy-Gridley –
Renee Trimble (retired)

USD 205, Bluestem –
Brenda Clarkin

USD 243, Lebo-Waverly –
Reginia Herron

USD 266, Maize –
Janis Mertes
Deb Phillips
Brandon Wolff

USD 331, Kinman-Norwich –
Blake Barrow

USD 366, Woodson –
Sarah Degenhardt

USD 396, Douglass –
Kent Kunkel

USD 413, Chanute –
Tracy Tallent
Teri Lund

USD 420, Osage City –
Derek Patterson

USD 490, El Dorado –
Debbie Melcher

###TEACH###

