

Dear Parents and/or Guardians:

The week of May 4-8, 2009 was designated as Nutrition And Fitness Week (NAF) at Wesley Matthews Elementary. This was our third year celebrating this event. The purpose of this affair is to promote awareness among the students and their families of the importance of eating a nutritious and balanced diet, the positive impact of engaging in regular physical activities, and the health benefits of having a positive, peaceful attitude in life.

The following activities took place in school during the week:

- Topics of nutrition and fitness were infused into classroom and home learning activities in Reading, Language Arts, Math, Science and Social Studies.
- Teachers implemented lesson plans on Nutrition in all grade levels.
- Students participated in “the Obstacle Course” physical challenge.
- Students were encouraged to bring healthy snacks from home.
- Students drew pictures and wrote essays illustrating the importance of eating a well-balanced diet and doing exercise every day.
- Presentations by guest speakers on healthy habits, the heart, physical fitness, bone health, food pyramid, teeth care, safety, stranger danger, and peaceful conflict resolution.
- Transition to middle school presentations for 5th graders.
- Gifted students in 5th grade researched and presented information to lower-grade students on the functioning of the body and the different medical doctors that can help a sick person.
- Students had the opportunity to visit a Health Fair in the library presented by our School Nurses and Social Worker.

Thank you for supporting our Nutrition and Fitness Week and continuing to promote healthy habits in your children.

Health, Peace and Love,

**Dr. Josefina Estrella
School Counselor**

