

Parents, kids learn about being healthy

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Youngsters and their parents swarmed over the downstairs at the Oberlin Elementary School last Monday night, getting health screenings, having fun and learning how to make healthy choices.

The 35 children and accompanying adults got to take part in seven activities at the school's first Family Fun, Food and Fitness Night.

In the music room, students got an instant recess as they moved and danced to a short video disc put on by coaches Joe and Melissa Dreher from the high school.

In the gym, coach Jeff Jones had youngsters and their parents running in his pacer races, an activity he does regularly at the grade school.

The hallways were full of clues for a nutrition scavenger hunt sponsored by National Honor Society students from the high school.

In the cafeteria, students got to choose their own healthy snacks and smoothies provided by district board clerk Vickie Lippelmann and junior high and high school teacher Marlene Moxter and her life skills students.

Also in the cafeteria, students got to spin a wheel and choose the healthy choice in an activity put on by K-State Extension.

In Cindy Sattler's first-grade room, high school teacher Linda Glaze and several students from the KAYS club offered advice for reading nutrition labels and invited participants to become "foodinairies."

The Decatur County Health De-



partment and hospital staff offered blood pressure and pulse screenings for children and adults, then measured height, weight and body mass index in the library.

Each child received a goodie bag as they checked in.

And at the end of the evening, names were drawn from those completing the seven activities and prizes were awarded.

Sixth grader Sonja Capps, daughter of Karen Mann, won the grand prize, a trampoline. Other prizes included backpacks and bicycle helmets.

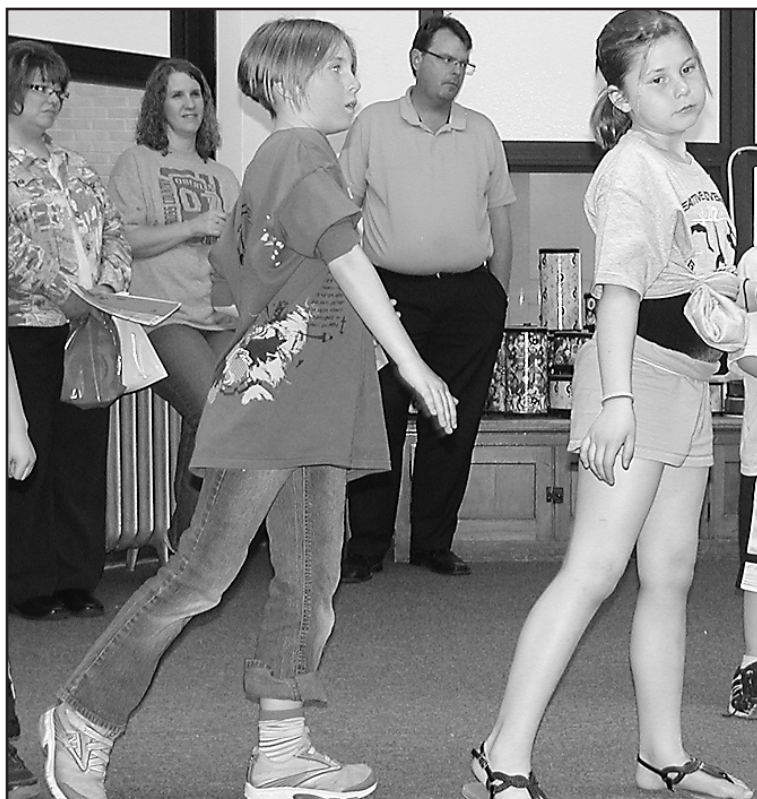
Organizer and school nurse Jo Mason said that the evening was planned to help meet goals of the school district's wellness committee. She said that she thought the evening had gone well and said the group hopes to do an event at the high school next time.



FOURTH GRADER COURTLYN WATERMAN (above) heard from Deb Klima of the Decatur County Hospital that she is 52 inches tall during the Family Fun, Food and Fitness Night at Oberlin Elementary School last Monday. At the beginning of the event, Jessiah McDougal (left), 5, handed out goodie bags to kids as they checked in.



SPINNING A HEALTHY FOODS WHEEL in the cafeteria helped third grader Wyatt Person (above) pick healthy choices. Karen Jones, Cheyenne County Extension agent, helped with the activity. Meanwhile, over in the library, third grader Gracie Vontz (upper left) had her blood pressure taken by Karen Eskew, a volunteer emergency medical technician and receptionist at the Decatur County Health Department. Down in the music room, Lily Hendrickson and Emma Anderson (lower left) danced at "instant recess."



— Photos by Cynthia Haynes