

# Wellness Across Coventry Schools

**Welcome!** Health and Wellness is an important initiative for children and adults. Many of you are probably involved in wellness initiatives at your workplace or gym. There are many noteworthy programs across Coventry Public Schools. As you can imagine, wellness may look very different from one school building to the next.



## **Student Wellness Challenge 2018**



Coventry students participated in a March Wellness Challenge. Students aimed to complete at least seven of the ten goals daily. Students who completed at least 25 days for the month were entered into a drawing. One lucky winner was chosen per school. Our winners are:

**CHS: Hailie Kegler**

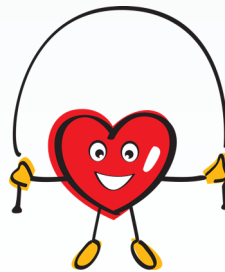
**CNHS: Aubrey Talaga**

**GHR: Bella Lewin**

**CGS: Bristol Ireton**

**HEEC: Lillian Pearson**

Congratulations to everyone who participated for committing to a healthy lifestyle!



## Healthy Snack Recipe

### NO BAKE ENERGY BITES

These delicious little no bake energy bites are the perfect healthy snack!

#### INGREDIENTS:

- 1 c (dry) old-fashioned oats
- 2/3 c toasted coconut flakes
- 1/2 c peanut butter
- 1/2 c ground flax seeds
- 1/2 c semisweet chocolate chips
- 1/3 c honey or agave nectar
- 1 TBSP chia seeds (optional)
- 1 teaspoon vanilla extract

#### DIRECTIONS:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into 1" balls.
3. Makes about 20-25 balls.
4. Store in an airtight container and keep refrigerated for up to 1 week.

## Student Advisory Teams!



Students Advisory Groups meet at both GHR and CNHS to help decide on new menu items for breakfast and lunch. Students complete evaluations on each item they taste.

GHR FAST Team

members taste tested quesadillas, nacho bites, and apple jammers. To date, quesadillas were added to our lunch menu. Members of the CNHS CAN Team tasted pierogi and meatloaf and voted to add the meatloaf to their menu.



Parents and staff are welcome to join our committee. Please email either Beth Pratt ([bpratt@coventryct.org](mailto:bpratt@coventryct.org)) or

Beth Giller ([bgiller@coventryct.org](mailto:bgiller@coventryct.org))

Do you have wellness tips or suggestions you would like to share?

Email Beth Giller ([bgiller@coventryct.org](mailto:bgiller@coventryct.org))

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## ***HEEC Students Learn about Dental Health and Hygiene***

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In February, children at Hale Early Education Center were excited to learn about health and dental hygiene. Dramatic play areas were transformed into “doctor’s offices” allowing children to investigate and role play what happens when they are sick and visiting the doctor’s office. This unit culminated with a visit to the classroom by several preschool parents in the medical profession, providing children with the opportunity to ask questions, explore what it means to work in the medical field, and learn about ways to keep their bodies healthy. Children also discussed visiting the dentist and the importance of brushing your teeth twice a day.



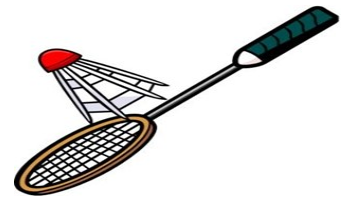
***Health is a state of body. Wellness is a state of being. J. Stanford***

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## ***Physical Education and Health at Coventry High School***

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The Physical Education at Coventry High School is currently learning the game of Badminton. Students are learning the major components of the badminton strokes, rules, strategies and doubles tournament play. Towards the end of the unit, students will be challenging one another in class tournaments. In April, classes will be back outside, working on improving fitness scores and preparing for the spring 2018 Connecticut Fitness tests. The four areas of fitness tested include muscular strength (push-ups), muscular endurance (Curl ups), flexibility (sit and reach) and cardiovascular endurance (mile run). Results from the fall will be compared to results from the spring, with the ultimate goal being an increase in the number of students passing all four areas of the fitness tests.



The Health classes at Coventry High School are currently learning about issues related to tobacco, drugs and sexual health. Guest speakers from CT Aids Project will be presenting to the classes during the month of May. The freshmen and sophomore health students will have the opportunity to participate in a field trip to St. Francis Hospital in Hartford, CT. The field trip, “Let’s Not Meet by Accident,” is a highly recommended field trip for all freshmen and sophomores. Students are taught the importance of safe decision making and accident prevention, while taking part in a mock trauma and learning about Lifestar.



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## Community Safety!



Students at the Hale Early Education Center were excited to learn about community safety throughout the month of October. Through discussions, play, and other activities, children explored various roles within our community such as fire fighters, police officers, and EMT's. Children also had the opportunity to learn about and practice safety procedures such as calling for help in an emergency, stranger awareness, and safe vs. unsafe tools. The most anticipated aspect of this unit included visits from the Coventry Volunteer Fire Association as well as a Life Star helicopter!

### Healthy Meal Recipe: Lemon Orzo Salad with Asparagus and Tomatoes

12 oz. orzo  
1 bunch fresh asparagus, cut into 1-inch pieces  
1 pint grape or cherry tomatoes, halved  
1 lemon, zested and juiced  
4 Tbs. extra virgin olive oil  
1 clove garlic, minced  
2 Tbs. fresh parsley, minced  
Kosher salt  
Fresh ground pepper  
Grated Parmigiano Reggiano\* optional

Bring 2 large pots of water to boil. Add a big pinch of salt in each. To one pot, add asparagus and blanch, about 2 to 3 minutes, depending on the thickness of your asparagus. Place blanched asparagus in a bowl of ice water to stop the cooking and keep them green. To the second pot, add the orzo. Cook per package instructions. When tender, drain and place in a large bowl. Add blanched asparagus and tomato halves. Mix olive oil, lemon zest, lemon juice, garlic, salt and pepper in a small bowl. Stir into orzo and vegetables. Stir in parsley and grated Parmigiano Reggiano. This can be served warm, room temperature or cold.

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## Coventry Grammar School Winter Olympics

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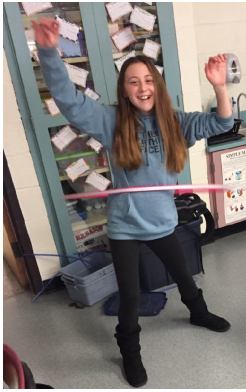
CGS students work on their cardio vascular endurance throughout the year in Physical Education with Ms. Kessler. Adding a theme to the activities always increases students' engagement and effort. Winter Olympics was a school-wide initiative this year, and who can resist Leprechauns?



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## Feel the Beat Investigation!

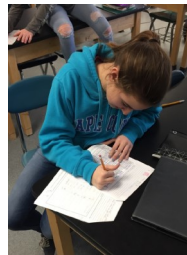
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The 7<sup>th</sup> grade science classes at CNH have worked with their classmates to conduct an investigation called "Feel the Beat." This lab allowed students to determine a question that they wanted to test. They then created a testable experiment that they would conduct with a partner and other classmates. Students tested questions such as... How do pushups affect our heartrate?, How does running different distances affect our heartrate?, How does watching a scary video multiple times affect our heartrate?, and How does hoola hopping affect our heartrate?.

This lab helped students formulate the connection between the circulatory and respiratory systems within the human body by analyzing the data they collected and determining a scientific reason as to why their results occurred.

As part of this lab activity students also researched a variety of cardiovascular disorders and diseases and how they could make healthy choices in their daily lives to avoid of some the diseases/disorders that are acquired.



Snowshoeing at GHR!



Students at GHR taste-tested fresh vegetables for Try Day Friday.

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## Maple Sugaring at CNH

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A handful of students were able to delight in the New England tradition of making maple syrup!

Students learned to identify which trees on the CNH campus were sugar maples, measured the diameter of the trees to determine if they were large enough to be tapped, drilled a hole the proper distance from the ground and the correct depth into the tree. After determining these measurements students inserted the spiles, connected the tubing to the buckets and watched the sap drip into the pails! Each morning for two weeks, students collected the buckets filled with sap and brought them to the FCS room to be stored. Students boiled the sap down on the stoves. As the sap boiled down the water evaporated and the sugar content increased. As the sugar content increased to the proper level maple syrup was created. Students were able to consume their creation of maple syrup with a **pancake** breakfast after school.

