Health and Wellness Fair

Centauri Middle & High School, North Conejos School District

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Previous Healthy Kids survey results indicated that secondary students in North Conejos wanted to improve school culture, have more student involvement in planned activities, and increase overall student health. Because North Conejos is a rural community, limited access to resources was a barrier for students. The Health and Wellness Committee at Centauri Middle and High School focused on the specific areas identified by students in the Healthy Kids survey. One way that staff addressed these challenges and survey results was through the Health and Wellness Fair.

The Health and Wellness Committee was composed of four school counselors, two nurses, and the food services director. The committee met monthly and originally discussed the idea of the health fair in December. They set a date in April so there was time to plan and conduct outreach to community organizations. The April date also provided a break in the middle of CMAS testing and gave students ideas on how to physically and mentally take care of themselves to prepare for another week of testing.

The Health and Wellness Fair took place on April 9, 2026, at Centauri High School, just after the middle and high school students finished their first week of state testing. Twelve community organizations and two high school wellness clubs volunteered to help. The representatives from each organization provided interactive education on topics such as nutrition, substance use, exercise, mental health, safe driving, self-care, holistic healing, healthy decision-making, and emergency health response. Students received a Bingo card to bring while visiting the booths and obtained signatures to complete the health categories on their cards. The goal of this activity was to motivate students to visit booths and have an educational discussion, using an incentive to drive engagement. Students who achieved a Bingo received a stress ball as a prize for participating in the fair.



An evaluation form was sent to each of the participants in the Health and Wellness Fair. Some challenges included less engagement from the high school students; additionally, presenters noted that they would have liked bingo cards for themselves and felt a bit rushed with the middle school students. Still, 100% of the participants who filled out the evaluation expressed interest in attending future events and felt that it was well organized.

Organizers recommend looking for available resources within the local area, noting that it never hurts to ask. Additionally, they emphasized allowing the planning team ample time to prepare.