

Press Release

4/20/07

Second Annual Haldane Health Fair

The Second Annual Haldane Health Fair was held on April 16th. It was sponsored by the Wellness Committee in conjunction with the Fit Kids of the Hudson Valley program. Six hundred Haldane students visited the fair. Numerous booths were set up to raise awareness about health issues. There were booths by outside agencies, as well as Haldane staff and students. Mr. Walt Thompson from Keep Putnam Beautiful answered questions about recycling and the environment. The 8th grade Girl Scout Troop presented a PowerPoint presentation on Reduce, Recycle, and Reuse (RRR). Renee Badolato-Curry, Haldane Student Assistance Counselor had a booth about feelings and moods and handed out mood dots that changed colors for different moods.

Other booth topics included: The Food Pyramid, vitamins and minerals, how to read food labels, the importance of physical activity, how to make healthy choices when eating out and how loud noise, music and ipods can damage hearing. Healthy snack choices were available after viewing the booths and the children loved them.

Elementary school students celebrated an entire week of Wellness including: dance parties, healthy snacks, counting their steps with pedometers, keeping healthy eating diaries and enjoying music by their peers as a special lunchtime treat.

The Wellness Committee would like to thank everyone who supported the program. Special thanks go to Sandy Galef for sending energy saving information, Dr. Pirraglio for supplying toothbrushes and Dr. Glaser for supplying mouth guards. Thanks to the many parents who sent in healthy snacks and worked at the fair. Thanks to Doreen Ferris for making the advertising posters. Thanks also go out to the PTA, Haldane administrators and faculty for their support.