



Greenvale School Promotes Wellness

This year, Greenvale School in the Eastchester school district set out to actively promote wellness for students, staff and parents. The April issue of the *Greenvale Echo* highlighted this initiative.

A Wellness Committee was formed at the beginning of the 2007-8 school year that includes the principal, guidance counselor, student council advisor, school nurse, teachers, a parent and the Westchester County Department of Health's Fit Kids coordinator. The committee met monthly to plan and implement activities designed to encourage fitness and healthy food choices.

Following are accomplishments resulting from the committee's hard work:

- ♥ Advocated for the removal of vending machines in the school's cafeteria (machines were removed the week of January 21st);
- ♥ Coordinated the delivery of wellness messages about fitness and nutrition by the Student Council during morning announcements;
- ♥ Organized Greenvale's participation in Westchester County's No Junk Food Week;
- ♥ Worked with the district's Food Service to provide healthier snack options including yogurt, fruit, baked chips, and fresh vegetables;
- ♥ Compiled a "Healthy Snack Cookbook" of recipes contributed by students. The cookbook is in the process of being published and will be available for sale at the end of the school year. Funds will be used to support additional wellness-related activities.
- ♥ Invited a nutritionist to speak to classes about healthy eating;
- ♥ Developed a new policy for classroom celebrations that incorporates healthier options. The policy will be introduced to the PTA and parents in preparation for its implementation next year.

Congratulations to Greenvale and its Wellness Committee for this year's endeavors!