

Claremont Students are "Fit Kids"



Usually in the month of May, the thoughts of most people turn to flowers blooming and long sunny days. But at Claremont School in May, students and staff think, "*It's Pedometer Time!*"

For the second year, Claremont students were involved in Westchester County's Department of Health "Fit Kids" program. Each month during daily morning announcements, students heard Wellness Messages – reminders of behaviors that will increase their chances of maintaining good health for life. Colorful posters hung all around the building reinforced the verbal messages.

In May, all students and most faculty and staff wore pedometers supplied by the Health Department. Besides individuals finding out how many steps they took during an average school day, students estimated how many steps would be taken by the total student body, faculty and staff. The names of two students, one fourth grader, one fifth grader – whose estimates come closest to the actual number will be announced at Claremont's end of year assembly at which time each will receive an award and gift certificate.

"We think that, just like last year, students were surprised by how much exercise they get just by walking and playing during Physical Education classes and recess", said teacher Brenda Hunter and secretary Karen Juliano, who coordinated the activities again this year. "Just a few laps around the playground or a few trips around the building and before you know it, you've walked a mile. And becoming more aware of how easy it is to exercise makes everyone a winner!"