

Wellness at West

Unity West Elementary School

Volunteers Needed!

Unity West holds **Mileage Club** during Lunch Recess each day. Students who decide to walk or run around our track, check in with a teacher or a volunteer, who make tally marks next to their name for each lap around the track. Students receive a key chain and foot token for every five miles logged! **Call 485-3918, if you could help with this program from 10:45 AM to 12:15 PM . We especially need help from 10:45-11:00 AM and from 11:45-12:15 PM.**

Wellness Team Members

Janet Nelson, Principal
Floyd Fisher, Assistant Principal

Susanne Gateley, School Nurse
Carol Meeker, Head Cook

Julie Knott, Librarian
Rachael Wenzel, Library Aide

Nick Lindsey, PE Teacher
Victoria Kensek, Music Teacher

Nikki Hillier, PhD, Program Coordinator
Division of Health Promotion for Champaign-Urbana Public Health District

Call 485-3918 or e-mail nelsonj@unity.k12.il.us, if you are interested in serving on the Wellness Team.

Fuel Up to Play 60

You may have seen commercials on TV with National Football League players promoting **Fuel Up to Play 60**. Children pledge to energize their minds and bodies by eating healthily



and staying active for 60 minutes each day.

Unity West plans to

launch this program on Friday, September 30, when Unity High School athletes come over for our PBIS Field Day. Students will be able to choose from a variety of fun activities such as kickball, basketball, cheerleading, dance, and Mileage Club.

Rocket Walk

Unity West will hold its first Rocket Walk on Friday, October 14. We would love to have parents and/or grandparents join our students on their half-hour trek around the school, which is also our PTO fundraiser.

Rocket Walk

Here is the schedule for each grade level:

- 8:20-8:50 Kindergarten
- 8:50-9:20 Third Grade
- 9:20-9:50 Second Grade
- 9:50-10:20 Fourth Grade
- 1:50-2:20 First Grade
- 2:20-2:50 Fifth Grade



Fitness Testing during PE Classes

We started this month off with our fitness testing unit. The students performed a battery of tests that included: sit and reach, mile run (half-mile for first grade and kindergarten), shuttle run, flexed arm hang, and curl-ups. Students reaching their benchmarks in all tests can qualify

for the Presidential Award, which is the highest level, or the National Award, which is at the 50th percentile nationally of all students tested. We will use this data as a starting point for our students and then test them again in the spring to show them the gains they have

made during the year. We have already had some great scores on the tests that have been completed by the students!

- Mr. Lindsey



Scores We Want to Lower



Usually, schools are trying to raise scores. **Last spring**, with the help of the Champaign-Urbana Public Health District and our school nurse, Mrs. Gateley, we were able to figure the Body Mass Index, or BMI, scores of our **then** K-5 students and were disappointed to learn that our students were slightly above the national average of 30% of elementary-age students considered overweight.

Kindergarten: 27%
 First Grade: 40%
 Second Grade: 22%
 Third Grade: 38%
 Fourth Grade: 36%
 Fifth Grade: 40%
 Overall at Unity West:
 last spring:
 33% of our students were considered overweight

Why worry?

The higher the BMI, the higher a person's risk of developing such conditions as high blood pressure, heart disease, sleep apnea, and Type 2 diabetes.

What can parents do to help? Keep your children active and serve foods that are low in sugar and fats and high in nutritional value, such as fruits, vegetables, and lean protein.

Upcoming Events

Related to Wellness

Sept. 27-28	Health Jam
Fri., Sept. 30	PBIS Field Day
Wed., Oct. 5	Orange Day
Fri., Oct. 14	Rocket Walk

Fifth Grade Health Jam

Due to Unity West's emphasis on wellness, our fifth graders were selected to participate in the Champaign County 4-H Health Jam. Our students and their teachers will have an opportunity to do Zumba, yoga, kickboxing, and rock climbing and hear from various health care professionals about their jobs on September 27 at the Activities and Recreation Center (ARC) on the U. of I. campus.

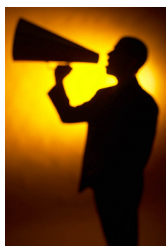
Day 2 will be held at Carle Hospital and will include presentations on farm safety, hearing safety, first aid, weight management, diabetes education, and sports medicine, as well as a tour. We are very excited about this opportunity, which was made possible with a grant from Walmart and the coordination of the University of Illinois Extension 4-H Office and Carle Foundation Hospital.

Wellness Library

We have a Wellness Library in the Unity West office. We encourage parents to stop by to check out materials. We have a variety of books and magazines on the following topics:

- ⇒ Cookbooks with healthy, quick recipes
- ⇒ Diet Books
- ⇒ Health Magazines

Orange Day : Wednesday, October 5



Periodically during the year, we will pick a specific color of food to celebrate during lunchtime. We will decorate the cafeteria, serve lunches that highlight our featured color, and ask everyone to wear that color on that day.

Our first Color Day will be held on Wednesday, October 5. We will be celebrating the benefits

of orange fruits and vegetables. Orange foods are good for your skin, eyes, heart, and may decrease your risk of cancer.

Specifically, many orange foods contain beta-carotene, which is good for eye health and protect the skin from sun damage.

Vitamin A is important for good night vision and helps keep the body's immune system healthy.

Vitamin C protects against cardiovascular disease, rebuilds collagen in the skin, and also helps boost the immune system.

Please have your child wear orange and bring orange foods for lunch!

