



Health & Wellness at Daniel Warren

Over the past two years, the Daniel Warren Health and Wellness Committee and the Daniel Warren staff have been committed to promoting healthy eating and fitness habits in all Daniel Warren children. The introduction of a variety of fruit and vegetable tastings by the PTSA and the adaptation of Physical Fitness Friday's by the Daniel Warren staff have started to make a positive impact on the entire student body and staff. Daniel Warren has received a generous grant from the Rye YMCA and Mamaroneck Exxon Mobil that will help support and enhance these important efforts.

Grant monies will be utilized to secure a variety of physical fitness experts who will offer student workshops focused on four different forms of exercise. Workshops will be held over a period of six months on Fitness Fridays and include yoga, jumping, dance as exercise and power walking/running. Key activities center on exposing young students to a wide variety of exercises with the goal of developing life long exercise behaviors that support individual non-competitive fitness choices. Student curiosity, enjoyment and interest in exercise are also targeted goals of this initiative. Children will also be offered a nutritious snack after each workshop. Our exercise workshops in December and end in April.

- December 7 & 8 **Introduction to Yoga.** - Daniel Warren students will be introduced to the mental and physical benefits of yoga as a form of exercise and meditation.
- January 19 **Jumping Jacks with Jill** - Interactive workshops will teach students about healthy nutrition and the value of exercise through movement.
- February 28- March 2 **Magic Dance Movement** - Students will to learn Hip Hop and Boogie as they begin to see dance in the spirit of exercise through movement.
- March 2 **PTSA Sponsored Evening Event** - 6:30 – 8:00 p.m. - “Hip Hop with Mom & Pop” at Daniel Warren.
- April 26 & 27 **Power Walking & Running** – Daniel Warren’s PE teacher will teach students the correct way to power walk and maximize body movements. Walking to school will become a breeze if parents can keep up with their kids!

Daniel Warren’s librarian, also analyzed the library collection as it pertains to this important Health and Wellness initiative. Age appropriate titles focusing on exercise, the food pyramid and eating right are on order. Titles include both fiction and non-fiction selections.

Parents and staff have partnered together to model healthy eating and exercise habits for their children. Daniel Warren students now bring healthy snacks to school, many are using their Daniel Warren water bottles and all are participating in Fitness Friday exercises. As these year long events unfold, we know that parents will take the opportunity to embrace these exciting activities in their homes by encouraging their children to demonstrate their newly learned skills.

Don’t be surprised if the whole family begins jumping to the car, racing through the market, dancing to music or simply taking a quite yoga pause!