



**Byram Hills Central School District**  
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## National Nutrition Month Activities

The Byram Hills Central School District celebrated National Nutrition Month with activities at each school hosted by the PTSA, the Boosters, the Health Services Department, Whitson's School Nutrition Services and the District Administration. It was truly a collaborative effort and each school was able to sponsor activities that were appropriate to the age group being served. The Westchester County Department of Health donated lovely gift items to give out as prizes at each school.

### Wampus Elementary School (Grades 3, 4 and 5):

Week of 3/9/09 – 3/13/09

The week prior, the students were asked to create posters depicting healthy foods. The posters were judged by grade and winners names announced. During the week of 3/9/09 daily nutrition announcements were made in the morning. The nutritional benefits of the food being served in the cafeteria were discussed and signs were created to promote the daily vegetable.

Interactive Learning Stations were created by parent, Elise Bremner, R.D. All classes were given the opportunity to participate in a 20 minute educational program. Two interactive stations were set up to review the Food Pyramid, serving sizes, label reading, and sugar and carbohydrate content of drinks. Parents assisted with the learning stations and prizes were awarded to students who were able to answer the instructor's questions correctly.

Taste testing of healthy snack items was done at lunchtime. Parent volunteers assisted with distributing samples over 3 days. The nursing staff reviewed student allergies prior and those food items were avoided. The first day, the students had raspberry yogurt with homemade granola. Day two, the students had roast turkey. The third day, sliced apples with yogurt dip was served. The students really enjoyed the new foods and asked to have them more often.

### Coman Hill Elementary School (Grades K, 1, and 2):

Week of 3/16/09 – 3/20/09

The week prior, students were asked to depict a balanced meal drawing on a pre-printed plate. The beautiful creations were hung on the walls of the cafeteria. A lunch ballot form was created for voting. Each grade got one day that week in which they were allowed to vote for their favorite food item to be served for lunch.

Food Play, sponsored by the PTSA, presented 2 shows on 3/16/09. The students, staff and parents really enjoyed the performance. Additionally, Christen Cooper, R.D., a parent, created signs to highlight the nutritional benefits of all vegetables served that week.

Taste Testing of healthy snack items was done over 3 days. Nursing staff assured that food allergy issues were addressed. The students enjoyed roast turkey cubes, carrot sticks and oranges. All of the samples were eaten with students asking for seconds and thirds.

## H.C. Crittenden Middle School (Grades 6-8) and Byram Hills High School (Grades 9 – 12):

Week of 3/23/09 – 3/27/09

Every day after school the students were given healthy snacks to fuel their after school activities. Snacks were comprised of a low-fat carbohydrate and protein to model a balanced energy source. Snacks included: low-fat cheese, yogurt, chocolate milk, apples, oranges and whole wheat pretzels. Parent volunteers assisted with giving out snacks and another parent, Diane Ardit, R.D., composed educational hand-outs to explain the benefits of healthy and nutritionally balanced snacks. The feedback from the students was overwhelmingly positive. They said that they liked the snacks and would eat healthier items if available.

On one day at each school, the PTSA ran a smoothie tasting activity at lunch time. Students really enjoyed the smoothies and learned that they can get many of their daily fruit and calcium servings by starting the day with a blended creation.

At H.C.C. Middle School, the 8<sup>th</sup> grade girls' physical education classes had the opportunity to hear two informative lectures. On 3/24/09, Geralyn Coopersmith, MA, CSCS spoke with the young women about "The Secrets of Being Fit & Female". On 3/27/09, Sotiria Tsakas, MS, RD, CDN gave a lecture, "Eating Well for Healthy Bodies" with an emphasis on proper nutrition for adolescent girls.

### Summary:

Byram Hills' students, staff and parents enjoyed participating in the activities of National Nutrition Month. The month yielded some important information to bring back to our District Wellness Committee in planning for the needs of the school community. The collaboration will continue in planning for events next year with a goal of improving communication and participation. Overall, the focus was on making healthy nutrition choices instead of keeping away from "junk food" for the week.