

Osborn School Completes the Fit Kids Challenge



The students at Osborn elementary school in Rye, NY participated in the Fit Kids Challenge early in May. This challenge required students to log their daily activities for 10 days. Points are logged for things such as washing hands, eating whole grains, and having 2 hours or less of daily screen time. About 20% of the student population filled in their cards at home, and returned them to the Health Office. But one teacher decided to take on the challenge as a class project and was able to claim 100% participation. Laura O'Leary had her 4th grade students complete the card in class every morning, reflecting on their behaviors the day before. Several students shared their thoughts regarding the program:

Jack stated "It rained a lot that week, so it was harder to do 60 minutes of exercise a day".

According to Michael: "I eat fruit, but not 5 times a day. I couldn't get the fruit one".

Cate commented that combined with pedometers received from the NYS breakfast program, it was a good way to work on increasing walking and the number of daily steps taken.

Firoz shared that he started to eat fruit in the morning, because he wanted to increase his score.

Emily noted that she thought it was a good program because "it made people try and do the healthy thing for at least for a while, and it made them think about it."

Cecelia was correct in thinking "it really helped that we did it with our teacher. I don't think I would have filled it out at home."

As a reward for 100% participation in the Fit Kids Challenge, Mrs. O'Leary gave her class an extra recess period, nicely reinforcing her message that fitness and health should be priorities in school.

Congratulations to Laura O'Leary and class 4O!