

## Healthy Living 101

May 9, 2008

The Rye Middle School gym was transformed into a mini expo center April 17 for the first-ever Middle School Health Fair. Tables were set up offering everything from healthy cooking demonstrations to yoga, to alternative medicine.



The fair was inspired by last summer's reading assignment, "Chew on This", which described for students, in graphic detail, what's actually in the fast and processed food they eat. Rye Middle School Principal Dr. Ann Edwards, together with a committee that included guidance counselors, P.E. teachers, Middle School nurse Meg Dornbusch and Dean of Students Joe DeRuvo, planned the event and recruited participants.

"The habits you develop as kids are likely the ones you carry into adulthood," Dr. Edwards said. "Keeping students healthy is an issue at schools around the country and this seemed like a good way to inform and encourage smart choices."

One table that saw a lot of traffic, particularly from girls, was Dr. Ruth Treiber's. The Rye dermatologist offered brochures on the risks of tanning and took photos of student's faces using a camera with a UV filter. The photos showed any premature skin damage as a result of too much time in the sun or in the tanning booth. "The hope is that they will see how much the sun and tanning damage skin, even at a young age and become diligent about skin protection," Dr. Treiber said.

Two years ago, the Middle School held an International Day and last year a Literacy Day. This year's Health Fair Day is a continuation of what Dr. Edwards hopes will continue to be an annual event. A chance to spend a day taking an in-depth look at a particular issue and have some fun at the same time.

