

# Building HEROES 4 Life

Winter 2013-2014

Vol 2 Issue 1

## HEROES NEWS, INFORMATION and PROGRAMMING

HEROES stands for Healthy Energetic Ready Outstanding Enthusiastic Schools and our goal is to teach Washington students, staff and parents how to live a healthier life. Through a grant from the Welborn Baptist Hospital Foundation, our focus is on providing activities and information that will promote positive physical and mental health. This page is designed to keep you informed of health related news, provide information about HEROES programs at WMS, and nutrition. Our Wellness Team coordinates and organizes HEROES programs and activities. It is comprised of school administrators, teachers, students, staff, parents and community partners.

### HEROES PROGRAMS AND SPONSORS

HEROES PROGRAM SPONSORS: If you are interested in being involved in one of our HEROES programs, here is the list of sponsors to contact:

**Bosse Community Fun and Fitness Night:** Mr. Whipkey

**Special Activities: Zumba, Red Ribbon Week, Open Gym, Dodgeball, Yoga, Taekwondo, Bowling League:** Mrs. Hubbard or Mr. Whipkey

**National Walk to School Day:** Mr. Whipkey

**SWAG:** Mrs. Keys

**Walking Club:** Mrs. Asay or Mrs. Keys

**Fitness Club:** Mrs. Asay or Mrs. Keys

### NUTRITION

The Food and Nutrition Service, along with Coordinated School Health, is promoting taste tests on the third Tuesday of each month within all EVSC schools. Our hope is to encourage students to widen their food choices and be willing to try new fruit and vegetable options.

**“Try it Tuesday” –  
December- Radish  
February – Broccoli Slaw**

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## HEROES NEWSFLASH

## UPCOMING HEROES EVENTS

### Bowling Club:

Mrs. Hubbard said that bowling is off to a great start this season. We have 3 sessions completed. The standing are posted on the board outside the small gym. Interested people can view this information at any time.



### Washington Selected to Participate in HEROES Champions Pilot Program

Washington was recently selected by the Welborn Baptist Foundation and Indiana University to participate in a new health and wellness program called HEROES Champions. The Wellness TEAM will implement the program with the help of the faculty and staff at Washington. The program is intended to create a culture of health and wellness throughout the school. Details will be forthcoming as the program is scheduled to be rolled out after the first of the year.

### WELBORN FOUNDATION AWARDS DINNER

In November, Mrs. Hubbard, P.E. Teacher, and Mrs Asay, school Counselor, attended the Welborn Baptist Foundation Awards Dinner at the Evansville Country Club. The annual event is a recognition night for all those organizations that the Welborn Foundation helps to support. Mrs. Hubbard and Mrs Asay serve on our Wellness TEAM and represented Washington at the dinner. The Welborn Foundation has awarded Washington nearly \$35,000.00 in grant money to promote school health and wellness initiatives.

### National Walk To School Day Event Recognition

Washington recently received a congratulations and complementary letter from the Indiana State Department of Health for participating in the National Walk To School Day event held in October. Over 120 students and faculty members walked to school on National Walk To School Day.

### Open Gym for Basketball

Starting in September and running through December 5, fourteen open gym days were held for boys to come and play pick-up games of basketball in the large gym at Washington. Usually held on Fridays from 3-5 p.m., as many as 25-30 boys would participate each time.