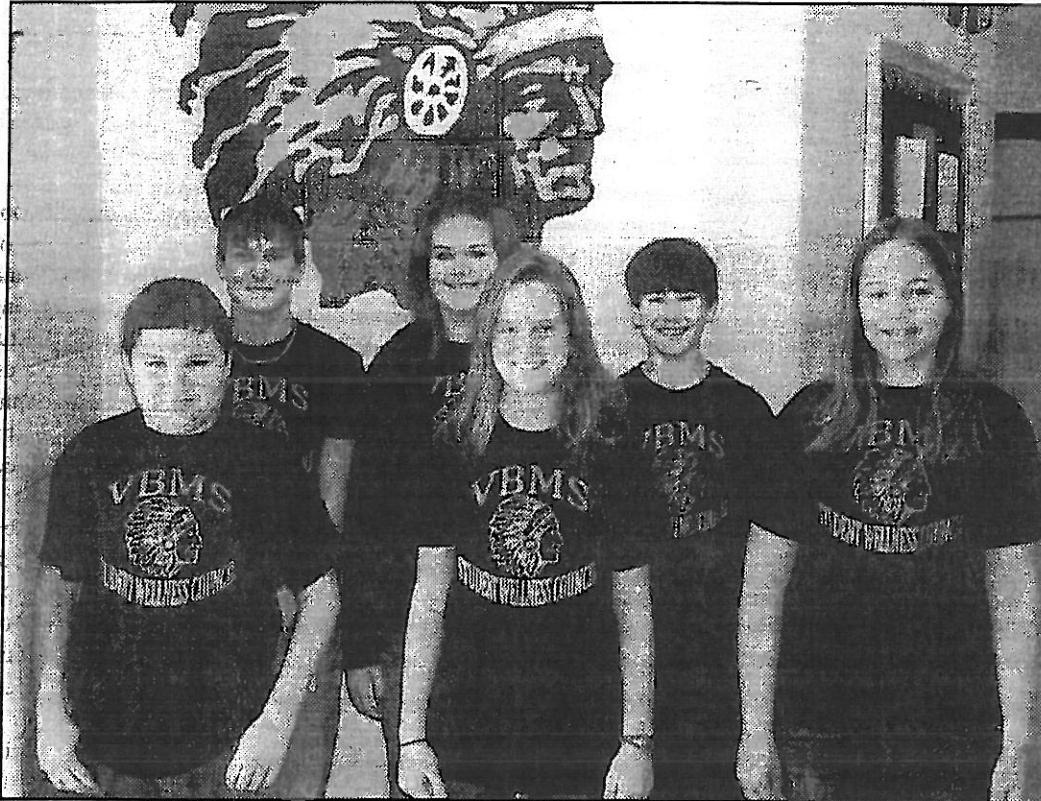


Van Buren Village



Gene Clark with his plaque day Jan 22nd in Stockport, in a serving on the Stockport Fire D
KIRT-HORN

Van Buren Middle School Wellness Council helping peers adopt a healthy lifestyle

Students at Van Buren Middle School are leading the way to a healthier lifestyle. The Student Wellness Council consists of six middle school students that are committed to promoting health and wellness to students and staff. The students are: Brayden Starnes, Sarah Frey, Sheldon DeWitt, Sydney Atwood, Amos Stovall, and Meghan Rickels.

In October, the 7th and 8th grade council members were chosen to attend a Department of Education "Super Power Summit" to learn how to spread

the word about eating right and being active. These students returned to school with several ideas on how to motivate students to lead a healthy lifestyle.

The first project the Council took on was to plan a Community Health Fair that was held in January. Currently, students and staff at the Middle School are participating in a 6-week Wellness Challenge. Participants are given a weekly food and activity log to track their consumption of fruits and vegetables, dairy and water intake.

and physical activity. Prizes are awarded weekly. The goal is for students to be more aware of their food consumption and physical activity during the winter months.

Council members are also giving students and staff daily "health tips" during morning announcements to make them more aware of activities and healthy snacks to try. The Council will meet throughout the school year to plan a variety of outreach and educational activities.

