

VAN BUREN COMMUNITY SCHOOL DISTRICT WOULD LIKE TO EXTEND A SINCERE THANK YOU TO ALL OF THOSE WHO ASSISTED US WITH OUR RECENT BUS ACCIDENT.

Iowa Students Tap Super Powers

Middle School Summit Focuses on More Physical Activity, Healthy Foods

DES MOINES – More than 250 middle school students and teachers from across the state have had the opportunity to learn how nutrition and physical activity bring out the super powers inside them, by eating nutritious foods and engaging in daily physical activity. The students participated in one of 3 Super-Power Summits held at each of the state universities.

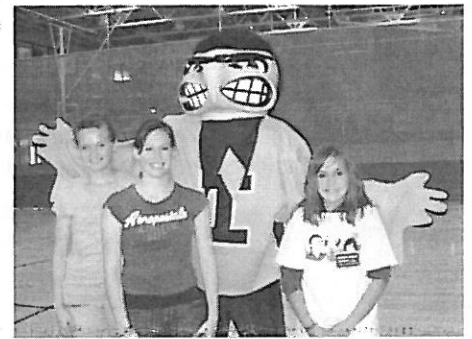
Van Buren Middle School students Libby King, Elizabeth Lowe, and Hannah Sprouse attended the Super-Power Summit held on October 26th at the University of Iowa Campus Recreation and Wellness Center. The keynote speaker, Ryan Bowen of the University of Iowa Men's Basketball team, talked about the importance of healthy eating and being physically active.

The Super Power Summits are sponsored by Iowa Department of Education's Team Nutrition Program, Iowa Partners: Action for Healthy Kids, the Midwest Dairy Council, Iowa Department of Public Health's Iowans Fit for Life Program, Iowa State University Extension and the Wal-mart Foundation. This is the fourth year the Super Power Summits have been held.

"We have to teach our youth the importance of eating healthy and being physically active. We need to do it in a way that engages them, motivates them and captures their imagination," says Carrie Scheidel, Iowa Department of Education Consultant. "The best motivators for students to lead a healthy lifestyle are their peers."

The students representing more than 60 schools and their adult team leaders learn how they can take the knowledge they gain at the event to create and activate wellness programs emphasizing nutrition and physical activity in their schools. Each team can apply for mini grants to help cover costs of implementing their local wellness program.

"By getting kids to eat better and become more active, they can utilize the super powers inside them to stay healthy, do better in the classroom and have a better chance to excel," Scheidel adds.



On October 27th, Mr. Marshall's Topics in U.S. History class visited Camp Dodge and the Gold Star museum in Des Moines. The students were able to see artifacts from every major conflict in United States history. Students were able to sit in the cockpit of an F-16 fighter jet along with sitting in an armored personal carrier (APC). Students that attended the field trip are: Morgan Elfers, Kensee Dunn, Makenzie Crane, Josh DeJong, Shelby Filson, Ryan Hamberg, Wayne Mast, and Tyler Hyde. Students are pictured on the M-1 Abrams tank used in Operation Desert Storm in Iraq.

On Saturday October 22 a large group of Van Buren High School students participated in Make a Difference Day. They spent a gorgeous day raking leaves for some very appreciative Keosauqua residents. The group raked 5 yards in the morning, had lunch and watched part of the Iowa game, and then completed 2 more yards. A special thanks goes out to Virgil Morris for treating the group to Misty's ice cream. It was the perfect motivator to tackle the last yard.

Pictured: (sitting from left to right) Karen Livesay, Paige Gaston, Jansen Heckenberg, and Jessica Fett (standing from left to right) Shelby Filson, Drew Canaday, Abbie Johnson, Tiffany Beggs, Faith Murphy, Cassie Johnson, Tayt Waibel, Hannah Wells, Drew Nolting, Jordan Billups, Sarah Wells, Jessica Hartman, Marissa Greenfield, Nathan Watson, and Seth Dickinson. (not pictured: Dori Franklin, Robbie Laughlin, Noah Whitten, Hallie Whitten, Stan Whitten, Kristen Marshall, and Jaxon Marshall)

