

Wellness Week at Tiogue

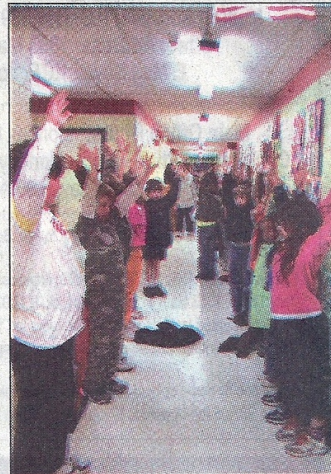


Angelena Chapman/Daily Times

Above: The Wellness Committee, made up of fourth and fifth grade students at Tiogue Elementary School, who helped School Nurse Shirley Hall with Wellness Week.



Left and right: Students doing yoga poses and stretches during Wellness Week at Tiogue School.



Third year for celebrating wellness

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COVENTRY—Wellness was the focus, in everything from food, to dancing, to jokes and to colors at a local elementary school last week.

Tiogue Elementary School has been celebrating Wellness Week for three years and this year it took place from May 16 to 20.

Everything from the food at lunch to what the students were wearing each day pointed to the celebration of wellness.

Wellness Week was coordinated at Tiogue by Shirley Hall, the school nurse.

Hall worked with the food service provider at Tiogue, Aramark, to provide different foods of different colors for

each day as a part of “Color Me Healthy.”

The foods were grapes for Monday, bananas for Tuesday, carrots for Wednesday, applesauce for Thursday and pears for Friday.

Connected to each of those fruits or vegetables was a color.

On that day of the week students would not only eat the “Color of the Day,” but they could also wear it.

They were encouraged to wear purple on Monday, yellow on Tuesday, orange on Wednesday, red on Thursday and green on Friday as a way to “Color Me Healthy.”

It wasn’t just about eating and wearing the right colors, but students also participated in daily activities to encourage wellness.

Monday’s activity, a Wellness Walk, was postponed to Monday, May 23 due to

weather, but it is an event that Hall said is great in nice weather. The fifth grade was to start off the walk, followed by the lower grades.

To help Hall with Wellness Week, she had her very own Wellness Committee made up of students in the school.

The committee was mostly fourth graders, she said, but there were a few fifth graders.

For this group, Hall had special T-shirts made so that other students would know who was a part of the Wellness Committee.

The T-shirts were printed at the high school, Hall said.

It was during the daily “wellness” activities that these older students’ roles came into play.

Just after 2 p.m. on Tuesday, the entire school filed out of their classrooms at Tiogue and lined up on one side of the hallway.

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School celebrates third annual Wellness Week

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The Wellness Committee students stood opposite the different classes and led them in yoga poses and stretches that had been prepared ahead of time.

Hall had taught all of the Wellness Committee students the poses and stretches before Wellness Week.

That way, wherever students were in the building there was someone leading so they knew what to do.

The whole school did "Hands Behind Back," the "Ragdoll Pose" and the "Balance Tree Pose."

The Wellness Committee would be back to work again on Thursday when the students would again line up in the hallway, but this time for dancing.

On Dance Day at 2 p.m., the whole school—with music over the intercom—would do the Hokey Pokey and the Chicken Dance.

The Wellness Committee would again be leading.

The other two days of the week, Wednesday and Friday,

hosted Acts of Kindness and Fun Day.

For Acts of Kindness, students would be rewarded with gold slips, which are the usual reward for students when teachers notice that a student is following the BRAVE rules.

The "BRAVE behaviors" or rules that students can be identified and rewarded for are: for B, Be kind, for R, Responsible behavior, for A, Always ready to learn, for V, Value yourself and others and for E, Everybody is a somebody!

Hall said, "It's contagious," about the students being kind to one another.

If they brought in a healthy snack that was the "Color of the Day" they would also get a gold slip for participating in "Color Me Healthy," under the BRAVE behavior V to Value yourself and others.

On Fun Day, Hall said the students were going to be encouraged to tell jokes and to laugh and have fun.

In addition to the different activities each day, every single

morning during Wellness Week the whole school, while inside their classrooms, would do a morning exercise routine.

Alicia DelSanto, Tiogue's physical education teacher, taught students the fitness routine in physical education classes before Wellness Week.

The two-minute routine was set to music and began right after morning announcements.

The routine had seven exercises, from toe taps to jumping jacks and students did all seven two times.

To get everyone in the school community involved, Hall also sent a letter home to parents. She wrote, "We hope that you will encourage your child and be a role model for them to engage in healthful lifestyle activities."

Hall said that Wellness Week is district-wide in Coventry and that Superintendent of Schools Michael Convery will report back to the school committee about all of the Wellness Week activities that took place in Coventry.