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## **Raymond students complete pilot wellness program**

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**BY JIM FISCHER**

ThisWeek Staff Writer

Raymond Elementary School students spent last Thursday getting their "game on."

The school held "Game On! The Ultimate Wellness Challenge," a series of activities designed to encourage both activity and good nutrition.

The program was developed by Action for Healthy Kids, a national nonprofit group dedicated to the prevention of childhood obesity.

Students worked in groups, participating in a variety of activities that required them to use information about nutrition while also completing a physical task such as a relay race or game of tag.

Last week's activity was the culmination of a yearlong effort to encourage healthy habits, school nurse Teri Heard said.

"At the end of the day, the students gathered in the gym and the students shared things they'd written about what they had done and learned through the year," Heard said. "It was really gratifying to know that they had remembered those things."

"Game On!" is a pilot program -- Raymond was one of 30 schools nationwide to receive a \$3,000 grant in support of the program from Action for Healthy Kids.

"We'll be using many of the things done at Raymond as a model for the further development of the program," said Mary Chace, project manager for Action for Healthy Kids.



BY TIM NORMAN/THISWEEK

**Kindergartner Carter Zarowski works his way through the cones in an obstacle course during a "Game On! Ultimate Wellness Challenge" at Raymond Elementary School on Thursday, May 28. Students have been working on activities throughout the school year to promote better food choices and physical activities.**



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