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KIDS HAVE FUN AT GRAFTON POND

30+5 Sponsors Active Field Trip

30+5, a HRSA (Health Resources and Services Administration) Federal grant-funded non-profit group supporting efforts to reduce childhood obesity, helped chaperone 16 kindergarteners at Grafton Ponds on February 5. Ms. Jodi Greene, a kindergarten teacher from Park Street School in Springfield, won the 30+5 Energizer Challenge, which challenged teachers to get their class up and moving outside of recess or physical education class. Ms. Greene's class exercised an additional 320 minutes between September and December by doing Brain Gym, stretching, dancing, and other movement activities.

30+5, under the direction of Southern Vermont Area Health Education Center (SV AHEC), asks children to get at least 30 minutes of physical activity and to eat at least 5 servings of fruits and vegetables daily. They issued the Energizer Challenge at the beginning of the school year, with Grand Prize winners receiving an active field trip as the reward. By a generous grant from Entergy, the class was asked if they wanted to go swimming, bowling, skiing—something active, and they chose to go to Grafton Ponds Outdoor Center.

At Grafton Ponds, the 5 and 6 year olds went tubing, snowshoeing, Nordic cross country skiing, and played in the snow for hours. Kids and chaperones took turns going down the tubing hill and participating in the outdoor adventures.

The Runner-up, Ms. Susan LeDrew, a first grade teacher from Park Street School, will be receiving an activity package which includes balls, jump ropes, and a parachute with activity book.

Editors:

For more information about this and other activities, please call 30+5 @ 802-885-2126