



Health Scout



MARCH 2008

FROM THE SUPERINTENDENT'S OFFICE

Message from Barb Petrik, Food Service Manager

by Mrs. Petrik,

This is to inform all students, teachers, parents and any other interested people, that as of February 1st the Department of Health & Human Services conducted an inspection of one particular beef processing plant. On February 18th the David City Public School Nutrition Services was informed of a beef recall stemming from this inspection.

Three cases of beef that was designated for the DCPS lunch program was destroyed as instructed by the Department of Health and Human Services. It should be noted that even though the beef was recalled there was not a single reported incidence of illness. This recall was determined to be a preventive measure.

Hoops For Heart

by Connie Lentz

The Middle School Physical Education students in Mrs. Lentz's and Mr. Hookie's classes raised \$315.00 for the American Heart Association's Hoops For Heart program. The students were learning about the warning signs of heart disease and stroke along with fighting obesity. Congratulations to all those students who participated in this event.

Jump Rope For Heart

by Connie Lentz

The Bellwood Attendance Center Physical Education students in grades 1st through 6th participated in the JUMP ROPE FOR HEART PROGRAM on February 7th at the Bellwood Gym. 20 students participated in the fund raiser part of the program and those 20 students raised \$1,197.05 for the American Heart Association. Students were made aware of the importance of taking care of their hearts and the fight against heart disease and strokes. Congratulations to those students who did an excellent job doing JUMP ROPE FOR HEART. Mrs. Lentz would like to offer a special "Thank You" to all those parents, students, family members, and friends for contributing to the American Heart Association's fight against heart disease and stroke.

Physical Education

By Mr. Hermelbracht

The David City Elementary Physical Education classes have finished up learning the games of Bowling and Golf in the month of February. February started off with the fifth and sixth grade classes learning how to keep score and how to use proper bowling technique while the lower elementary classes were learning a wide variety of games that involve rolling skills. The upper elementary classes recently finished up learning how to play putt putt golf. Students have learned that you must have a soft touch when putting in the lower gym because there is nothing to slow the ball, but the wall. The lower elementary classes have learned the concept of teamwork while playing with the parachute for the last two weeks of February and will be beginning tumbling. The upper elementary classes will be getting a cardiovascular workout while learning how to dodge and flee their classmates.

For more information about:

- Food groups and nutrition values or to pick up some new ideas on physical activity, www.healthierus.gov/dietary_guidelines.
- MyPyramid food guidance system, including a quick estimate of what and how much you need to eat, www.mypyramid.gov.
- Home food safety, www.homefoodsafety.org.
- Additional nutrition resources, www.eatright.org/gnrl.

