

Dyer School
Healthy Me in Healthy ME (Maine)
Supported by Let's Go and Dyer P.T.A.

Susan Morneault (Contact)

September: (#5, #1)

- Kick off with Harvest Lunch – lessons taught by teachers prior to the lunch.
- Participation in the Let's Go Kick-Off at the community center

October (#5, #1)

- Mileage Club began at Dyer School – We have an inside and outside route.
- School Wide Trip to Bradbury Mountain for “Take It Outside Day”.
- School nurse, Sue Heeschen, presented “healthy habit” and “first aid” to all grades.
- Food Play Productions, “Janey Junkfood”

November (#5, #1)

- Hannaford visits by K, 1, 5 and one third grade class
- Healthy snacks presentation by Mercy Hospital nutritionists
- “Five a Day” Challenge for month – Kids took home calendar and, if returned with most days filled, got a certificate (About 25% participation)
- Fill the Bus – Community Service
- Mileage Club continues

December (#1)

- School Music Sharing
- Toiletries Community Service for Outreach Program
- Mileage Club Continues
- In some classes, holiday parties were healthy – in most classes, healthy choices were offered with some sweets

January (#1)

- Wednesday afternoons – Community volunteers came in to teach classes an alternative to exercise that we don't have at Dyer – dance, aerobics, karate
- Whole school Contra Dance Evening for parents to learn from children
- Mileage Club continues
- After school enrichment programs offered alternatives to screen and exercise (music and movement, craft club, open gym, knitting, games, sign language)

February (#1, #5)

- Wednesday afternoons and after school enrichment continued
- Many Valentines offered healthy snacks
- Mileage Club continues

March (#1, #2, #5)

- Read Across America Day with activities throughout day – reading is an alternative to screen and a special lunch
- Tuesday from 2:00 – 2:45, staff in Grades K – 4, librarian, gym teacher and volunteer are providing games and activities – such as board games, card games, puzzles, building, parachute, cup stacking, relays. Children chose 4 rooms they'd like to visit during the 4 Tuesdays.
- Mileage Club continues.

April – May focus (Working on this) – Environment and #5,2,1,0.

- Mileage Club continues

May 21, 2009 Health Fair at Dyer – #5,2,1,0

Other notes: Many teachers walk at lunch.

One fourth grade class wrote and performed a musical for 5,2,1,0, incorporating pieces of everything we're doing.

Dyer blogs showcase our events.

Current bulletin boards in front hall