



On Thursday, November 6<sup>th</sup> Lowry Elementary conducts a “**9Health Fair in the classroom**”, which is sponsored by 9 News and geared specifically for children. The mission of 9Health Fair is to promote health awareness and encourage individuals to take responsibility for their own health (as opposed to the well publicized 9HealthFair, which screens patients). At Lowry, we want the kids to learn how to make healthy choices and to learn that the decisions they make now could affect them when they are older. Here are few examples of the interactive and fun stations:

- **Energy in and Out:** To teach kids the calorie content of different foods and what energy needs to be expended to burn these calories. This will give the kids more information so they make good food choices.
- **Fitness Skillastics:** This fun game teaches the kids that there are many ways to exercise without using much equipment.
- **Anger Ball:** This ball toss is used to gently help kids to better understand themselves and their own anger patterns.
- **The Power Shift:** This bully proofing station helps us to reinforce the Lowry Way and support our anti-bullying program.
- **Organ Identification Vest:** The children will put on a vest and learn where the internal organs actually go.
- **Pigs Lungs:** We will understand how smoking destroys lungs by seeing normal pig lungs and comparing them lungs exposed to smoke.
- **Germs:** The kids will get some fake germs and use a black light to track the germs. We can see where germs travel in a day of wiping our hands on our shirt, faces, door

knobs, etc. Then the kids will wash their hands to see how well they get rid of all their germs.

- **Candy vs. Medicine:** This interesting exhibit shows us how many candies look like medicine so we have to be quite careful in choosing what we eat.

We need a total of 24 volunteers to run this health fair, 12 in the morning and 12 in the afternoon shift. The volunteer parents would be paired with 2 kids and lead about 3 different stations. The children primarily run the Healthfair and the parents make sure that the kids accurately teach their peers. A medical background is helpful, but not necessary. To volunteer, please either log onto ptomanager.com or fill out the form below and return it to the office by October 16<sup>th</sup>.

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\_\_\_ I can volunteer on November 6<sup>th</sup> from 8-noon

\_\_\_ I can volunteer on November 6<sup>th</sup> from noon to 3 pm

Name \_\_\_\_\_

Email \_\_\_\_\_

Best daytime phone # \_\_\_\_\_

Thank you for all you support!

We should have a great time at Lowry's first (hopefully annual) 9Health Fair!

For more information log onto **9HealthFair.org** and click on school/youth fairs.

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I do not want my child \_\_\_\_\_ to participate in the 9 Health Fair.