

SY 16-17 Wellness Event Summary

Aaron Cohn RYDC (Fall Event): Fruit & Protein Smoothie Bar



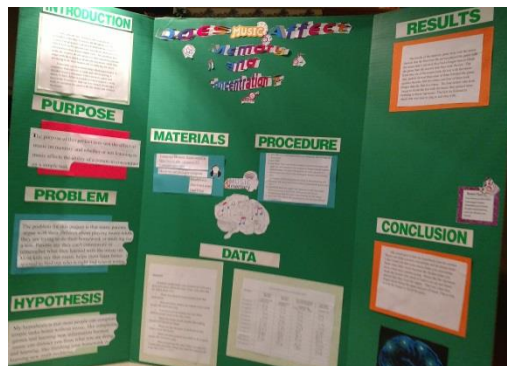
Aaron Cohn RYDC (Spring Event): Trail Mix & Yogurt Parfait Bar



Atlanta YDC (Fall Event): Octoberfest/Thanksgiving/Winter Holiday “Lunch-In”

Atlanta YDC (Spring Event): Spring Fling Physical Fitness Event

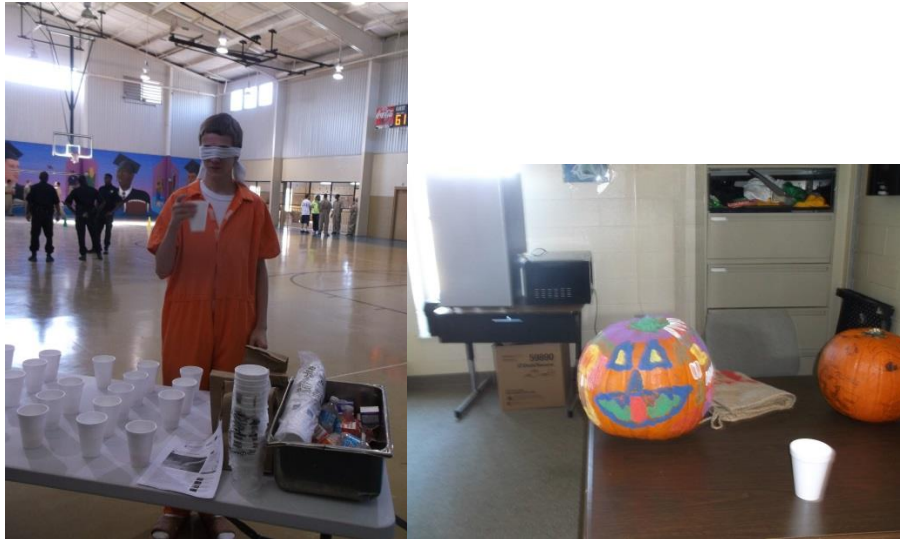
Augusta RYDC (Fall): “Wellness Display Your Brain on Music”



Augusta RYDC (Spring): Spring Health & Wellness Event



Augusta YDC (Fall): Fall Festival w/ Blind Man Challenge, Pumpkin Drawing Contests, etc.



Bob Richards RYDC (Fall): "Farm to Fork Wellness Fair" where youth participated in activities such as relays, egg walk and healthy snacks.



Bob Richards RYDC (Spring): Spring wellness event where a volunteer group came out and performed many basketball tricks, speaking beforehand about the importance of eating healthy and staying in shape. Youth consumed healthy snacks and beverages.



Claxton RYDC (Fall): Fall festival that included frozen yogurt and Chex mix.

Claxton RYDC (Spring): Spring festival that included a flag football game.

Crisp RYDC (Fall): Fall festival where youth participated in a variety of games including tug-o-war.



Crisp RYDC (Spring): "Children, the Heart of Our Future" themed spring event with speakers, wellness booths, relay races, and much more.



Dekalb RYDC (Fall): Fall festival event with a “carnival like” atmosphere complete with games, fresh popcorn, cotton candy, and drinks.



Dekalb RYDC (Spring): Spring festival “honorable honorees celebration” that recognized youth with good grades.

Eastman RYDC (Fall): Fall festival that consisted of nutrition education, safety education, vital signs, exercise, CPR, nerf games, ping pong, and minute to win it. The activities were followed by healthy snacks and beverages.

Eastman RYDC (Spring): Spring festival that consisted of healthy snacks, nutrition education, physical activity, vital signs, dangers of using drugs, trivia, relay games, and “Fair Food”.

Eastman YDC (Fall): “Wellness Week” activities consisting of Mental Wellness Monday, Community Wellness Tuesday, Family Wellness Wednesday, and Physical Wellness Friday.



Eastman YDC (Spring): Youth participated in an emotional wellness activity involving balloons, a “Fact or Fitness” trivia, and consumed healthy snacks.



Elbert Shaw RYDC (Fall): Youth participated in a minute-to-win-it pushup and Christmas door decoration contest.



Elbert Shaw RYDC (Spring): Multi month wellness events including a February softball game, a March “Grow Zone” where youth planted herbs & veggies, a April “Shoebox Campaign”, a May obstacle course/field day, and June garden development.



Loftiss RYDC (Fall): Youth were educated on personal hygiene and could get their health screened.



Macon RYDC (Spring): Youth participated in a Spring Health Fair.

Macon YDC (Fall): Youth participated in multiple basketball games and held a championship game.

Macon YDC (Spring): Youth participated in taste testing of healthy snacks and were educated on how to obtain a Servsafe certification. Youth participated in flag football, fitness club and a watermelon eating contest. Youth were provided with information on types of health of fitness options.

Marietta RYDC (Spring): Youth participated in flag football, jeopardy, movie/art, and bingo.



Metro RYDC (Fall): The “Annual Apple Festival” where youth engaged in various apple activities.



Metro RYDC (Spring): The “Green Fest” where youth were educated on the health of green foods, designed their own salads, created brochures about vitamins, and engaged in discussions about a healthy balanced diet.

Muscogee YDC (Fall): Youth participated in many events including sack race. Medical provided a hydration station and handouts on how to hydrate before, during, and after exercise. Information on Melanoma and packets of sunblock were provided.

Muscogee YDC (Spring): Spring wellness event where youth participated in many outdoor activities included tug-o-war.

Rockdale RYDC (Fall): Fall festival and wellness fitness challenge where youth and staff participated in outdoor activities.



Rockdale RYDC (Spring): “Solid Walk for Wellness” event where youth and staff walked and made healthy salads.



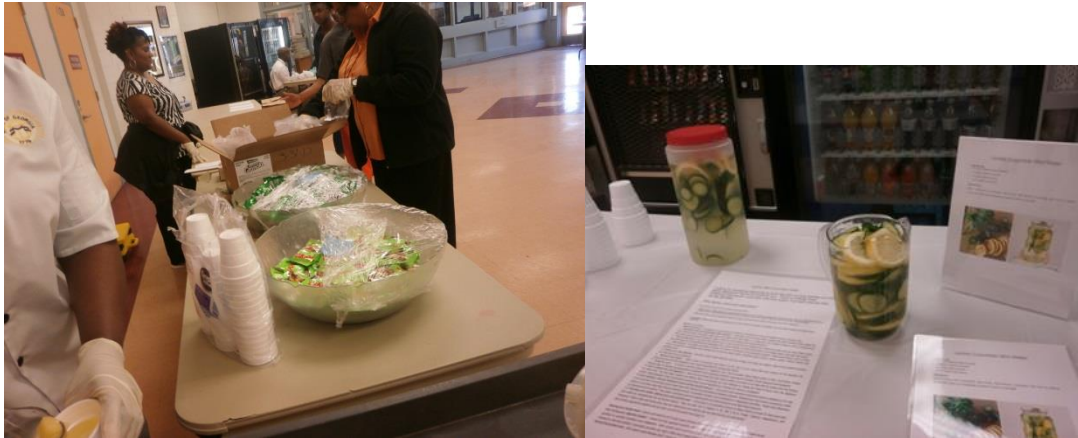
Savannah RYDC (Fall): “Winterfest” event that involved a kickball tournament, trail mix station, fruit smoothies, turkey hot dogs, infused water and educating them on what makes their body strong.

Savannah RYDC (Spring): The spring health fair consisted of youth participating in a CPR station, organic vs. regular food sampling, healthy snacking, blood pressure, height and weight check, sex education, and a physical assessment.



Sumter YDC (Fall): Winter festival where youth participated in outdoor physical activities such as zumba and yoga and staff grilled hamburgers/hotdogs.

Sumter YDC (Spring): Spring health fair where youth consumed healthy snacks, infused water, participated in scooter relay race, egg race, tug-o-war and vision board messages. Health benefits of water, fruits and vegetables were also shared.



Terrell RYDC (Spring): “Spring into health” event where youth participated in health screenings.

Waycross RYDC (Fall): Winter festival with 3 stations including a turkey wrap station, fruits w/ whipped topping, peanut butter, raisins celery and carrots. Youth created a picture collage of these items on construction paper.

Waycross RYDC (Spring): Spring festival where youth participated in an egg hunt, hoola hoop, ping pong game and tasted a punch bowl cake.

