

SY 17-18 Wellness Event Summary

Aaron Cohn RYDC (Fall Event): “Fall into Wellness” coloring contest.



Aaron Cohn RYDC (Spring Event): “Wellness Fun Day” balloon activities including a water balloon obstacle course and water balloon toss. Youth participated in a 3-point shootout and other physical activity events. The event concluded with the youth being served fresh fruit.



Atlanta YDC (Fall Event): “Healthy Ever-After” health fair that consisted of 8 tables hosted by different departments. Behavioral health provided stress relievers and had a bubble blowing activity. Security had a wishing well activity and provided bottled water. Education provided funnel cakes and discussed the “An Apple a Day Theory”. Food service provided healthy snack options. Medical provided organic cupcakes and discussed “weighing in on your pounds”. Human resources provided popcorn and a movie. Programs had smoothies and musical chairs. The recreation division discussed healthy bodybuilding tips and did team building exercise activities including agility ladder and obstacle courses.

Atlanta YDC (Spring Event): “Go! Grow! and Glow Green” event where all departments participated. Youth were provided green food/beverage items.



Augusta RYDC (Fall): “Recipes for Success” weeklong event where youth participated in drug-free education and anti-bullying activities and then created and displayed drug-free/anti-bullying themed door decorations for a door decorating contest by unit. Youth designed posters to display in the cafeteria based off the theme “Recipes for Success”. The final event was a healthy salad bar lunch offering a variety of fresh vegetables and fruits sponsored by the food service staff.



Augusta RYDC (Spring): “5k Walk/Run Fun Day” event where youth participated in a 5k walkathon with staff. Youth also participated in health & wellness checks conducted by medical. Other hands-on health-related activities were also taking place included a CPR class.



Augusta YDC (Fall): “Fighting Cancer: One Recipe at a Time” event where the focus was cancer awareness. Youth and staff walked around the campus and were provided healthy snacks.



Augusta YDC (Spring): “Wellness Field Day” event where youth participated in kick ball and tug-of-war against staff. Youth also completed an obstacle course and education staff made several banners to celebrate event.

Bob Richards RYDC (Fall): “Rome’s Harvest Fest” event where youth participated in relay races, basketball tournaments, obstacle courses and walks. Medical provided vitals before and after activities to provide youth with heart rate differences.

Bob Richards RYDC (Spring): “Spring into Fitness” event where youth participated in a fresh fruit tasting, volleyball tournament, sack races, and walks.

Claxton RYDC (Fall): Youth participated in wellness activities including a pushup contest.

Claxton RYDC (Spring): “Field Day” event with a focus of social and physical wellness. Youth participated in basketball, water slide, flag football, tug-a-war, kickball and a water balloon fight with staff.



Crisp RYDC (Fall): Youth made granola parfaits and participated in fitness walks and kickball. Youth were educated on healthy eating, personal hygiene, and table etiquette.

Crisp RYDC (Spring): “Springing into Health & Wellness” event with a fitness competition including team relays, sack races, egg toss, tug-a-war, wheelbarrow, dancing, and poetry.

Dekalb RYDC (Fall): “National School Lunch Week” event where youth voted on their favorite meals and guessed how many calories were in each. Physical activity events such as egg run, 2-point shoot-out, 3-leg relay, tag football and also hosted a rap contest with a nutrition theme. Healthy snacks were also provided.

Dekalb RYDC (Spring): “Snacks from Across the World” event where youth participated in stretching and exercises that included jumping jacks, squats, planks, sit-ups and pushups. This was followed by field day challenges including sack race, relay race, ring toss, and tug-a-war. The youth were then given snacks from all over the world to sample. Healthy eating and food facts were provided by staff.



Eastman RYDC (Fall): A South Central Health District representative discussed MRSA and the importance of good hygiene. The food service department prepared healthy snacks and had coloring sheets and crossword puzzles available. Youth participated in basketball and an afternoon activity called “Minute-to-win-it”.



Eastman RYDC (Spring): A representative from the South Central Health District presented to youth on MRSA and the importance of good hygiene. The food service department prepared smoothies and discussed healthy eating. Medical discussed healthcare and violence in the prison system.

Eastman YDC (Fall): The Halloween themed wellness event consisted of different departments setting up varying stations in which the youth could participate in activities that were physically, emotionally, and mentally engaging. Food service staff conducted health trivia, the security department played life-size tic-tac-toe, administration set up a mystery item sensory test, medical engaged youth with coordination drills including cotton balls and Vaseline, mental health involved youth with hand-eye coordination drills including bouncing balls into cups, programming did a balloon toss and balance game, and mental health and education set up various mental and physical activities.



Eastman YDC (Spring): All departments participated and provided various activities for the youth. Mental health provided stress management games, maintenance provided fall protection information, PBIS provided information on tattoo removal, food service conducted a food jeopardy, the warehouse did a jump rope competition, human resources had a health and wellness trivia booth, the medical department educated youth on the importance of hydration, the programming team had challenging puzzles and rubix cubes, the recreation staff taught youth about target heart rate and had several physical activities youth could engage in, administration had a work-out-day (WOD) for youth to complete, and the secretaries played health jeopardy with the youth.



Elbert Shaw RYDC (Fall): Youth participated in building a school garden.



Elbert Shaw RYDC (Spring): Youth participated in different activities that promoted exercise, nutrition and general health. Youth participated in relays and consumed healthy snacks including smoothies, hummus, and fruit. Youth also created nutrition-themed posters.



Loftiss RYDC (Fall): “Fall Into Health” event that included providing youth with healthy snacks.



Macon RYDC (Spring): “Step into a Taste of Spring” event involved youth walking in groups and discussing healthy food and exercise.

Macon YDC (Fall): Youth participated in a pumpkin decorating contest and were able to build their own sub sandwich.

Macon YDC (Spring): Youth sampled healthy smoothies and assisted in decorations that held healthy snacks. Food service staff shared health facts with youth.



Marietta RYDC (Fall): The “Recipe for Success” event consisted of a basketball tournament and healthy snacks with a pizza event for the winners. Staff discussed the importance of physical activity, healthy snacks, and how healthy choices can be beneficial to their overall wellbeing.



Marietta RYDC (Spring): Staff discussed the importance of health and wellness with youth and allowed them to ask questions and engage in conversation with other youth. The youth then participated in a wellness walk and basketball game.

Martha Glaze RYDC (Spring): During Martha K Glaze’s Annual Wellness Awareness Event, youth had the opportunity to participate in a fun healthy tasting event that featured homemade smoothies and an assortment of healthy snack items. The goal was to encourage youth to understand the importance of eating their vegetables and fruits served daily and learn fun ways to incorporate it into their diets. Youth also participated in two physical activities that encouraged the use of large muscle movement and the importance of personal health. One game was called “Fit. Tac. Toe.” – similar to the popular game of Tic Tac Toe but instead of X’s and O’s on a piece of paper, youth used their own physical bodies as placeholders to win three in a row.. The second activity was a Spoon Race, where youth balanced an apple on a spoon and raced from one side of the room and back. Both staff and youth participated and were required to lock their elbows in a straight arm position or else they would be disqualified. The object of the game was to be the first to make it across the line without dropping their apple.



Metro RYDC (Fall): Metro RYDC's wellness team provided activities and events for the National School Lunch Week's, "Recipe for Success". The committee kicked off the event with various agility tests consisting of sit-ups, push-ups, hands-on activities and health lessons. In addition, the youth and staff participated in physical fitness challenge and listened to motivational speeches from Chaplin services and wellness walk on Metro's new track. Monday through Friday was filled with additional physical activities including an agility test, sampling of various fruits & veggies, healthy snacks, water bottle designing, and a lessons and activities focusing vitamins and minerals.



Muscogee YDC (Fall): Staff spoke to youth about healthy eating and healthy snacks were provided.

Muscogee YDC (Spring): Staff spoke to youth about healthy eating and healthy snacks were provided.

Rockdale RYDC (Fall): Over the course of a week, youth participated in several events including infused waters, volleyball tournament, healthy tips, parfaits, and basketball.

Rockdale RYDC (Spring): Over the course of a week, the youth participated in several events including broad jump, track and field events, personal wellness & hygiene discussions, importance of protein and sampling healthy protein bars.

Savannah RYDC (Spring): Youth engaged in discussion about the seven dimensions of wellness. They learned that it takes more to being healthy than to just be physically fit. Coach Brooker moderated the discussion. Participating youth were given the opportunity to win exclusive hygiene items during the Q & A portion. A game of Taboo was then played to enhance their social wellness.



Sumter YDC (Fall): For their “Recipe for Success” event, the focus was on individual fitness. Staff from each department assisted with the fair and booths were set up for youth participation. Youth participated in a make-your-own Chex mix station, search puzzles, wellness bingo, exercise plans, medicine ball workout, and were provided healthy snacks plus handouts that gave exercise advice.



Sumter YDC (Spring): The wellness event consisted of activities including musical chairs, volleyball, over / under relay, balloon relay, football, sack races, and wellness “Simon Said.” During the allotted time for activities Gatorade and water was available. After the activities the youth were served hotdogs, chips and punch. In addition to physically engaging the youth; the game “Simon Said” was offered as a wellness component. What is wellness “Simon Said” you ask... health and nutrition statements are added to the game rules. (A banana is yellow; drinking plenty of water provides many health benefits; getting adequate amounts of sleep is beneficial to the human body.)



Terrell RYDC (Fall): Kitchen staff prepared Strawberry banana smoothies and made energy bites. Their event took place in the education department during the afterschool snack time. We made energy bites with oats, coconut, peanut butter, pecan pieces. The smoothies we made them with frozen bananas and frozen strawberries with 1% milk. Education discussed topics on healthy fruits and vegetables.

Terrell RYDC (Spring): Youth participated in making their own smoothies with fruit and vegetables and made yogurt parfait with granola toasted with cinnamon.

Waycross RYDC (Spring): The Spring Wellness Event at Waycross RYDC was themed, "Healthy Living Is A Gator Thing". Youth participated in events such as healthy test taking tips, healthy eating pop quiz and information on the importance of the food pyramid, played the game "Telephone" with the youth and explained how spreading rumors can have an effect on someone's social and emotional health, were provided interactive information on the significance of good hygiene, discussed emotional wellness and the importance of laughter and lastly, the youth were able build their own personal parfaits. The youth had an option of using fresh pineapples, blueberries, strawberries, bananas, and granola as toppings for their yogurt.

