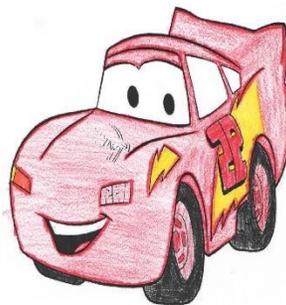


## SY 18-19 Wellness Event Summary

**Aaron Cohn RYDC (Fall Event):** Food service staff spoke to youth about the importance of fruits and vegetables and how consuming different colored produce is important. Youth completed word searches and drawings of fruits and vegetables.



**Aaron Cohn RYDC (Spring Event):** “Reving Up” coloring contest where youth and staff discussed wellness topics and jumpstarting their day.



**Atlanta YDC (Fall Event):** “Octoberfest” lunch event where youth were informed about the topic “You Are What You Eat: No Fried Foods at AYDC”



**Augusta RYDC (Fall):** “Fruit Sensation” event where youth were educated on consuming fresh fruit. Fruit was presented with an information card displayed in front listing the benefits of each. Medical staff obtained body measurements and educated youth on the importance of keeping their weight and BMI within a healthy range.



**Augusta RYDC (SPRING):** This spring wellness event consisted of youth being provided a healthy breakfast meal and educated on how breakfast is the most important meal of the day.



**Augusta YDC (Fall):** “Make Your Own Smoothie & Sub” event with a large variety of fruits and vegetables for youth to choose from. These items were paired with additional healthy snack options including trail mix and yogurt. Staff from all departments participated in the event.

**Augusta YDC (Spring):** “Circuits for Healthy Living” event which consisted of five circuits: Game Room, Gym, Mental Health Wellness, Healthcare for Hot Weather, and Make Your Own Smoothie and Bake Potato Bar. Staff from all departments (Programming, Education, Medical, Mental Health, and Maintenance) participated in the event. Education facilitated the game room where youth were educated on how playing violent video games can affect behavior as well as how playing videos and being less active can affect their health. Mental health educated youth on the benefits of meditation, creative visualization, and music. Medical educated youth on the benefits of water and staying hydrated in hot weather. Food services provided a bake potato and smoothie bar with healthy toppings.

**Bob Richards RYDC (Fall):** “Fruit for Thought” event where the youth participated in a walk and bingo and winners were awarded fruit & protein bars. Youth and staff participated in a basketball tournament. Healthy milkshakes made of frozen yogurt, strawberries and bananas were also provided.

**Bob Richards RYDC (SPRING):** “Spring into Action” event that consisted of smoothies and outdoor activities like “food group bingo”, basketball, relay races and football toss.

**Cadwell RYDC (SPRING):** The spring wellness event consisted of fruit and yogurt parfaits, food riddles/trivia and education on healthy eating and the importance of regular exercise.

**Crisp RYDC (Fall):** “Fall into Wellness” event where each department hosted a different booth; medical pumpkin hoops, kitchen dice balance, education blind fruit tasting, administration egg basket toss, behavioral health bubbles to health race, coaches tug-o-war, and security hoola hoop contest and gonzo grape toss.



**Crisp RYDC (Spring):** “Full Throttle Engine” event that was filled with activities including hoola hoop toss, tug-a-war, sack relay, blind taste test, and cartwheel challenge. The staff and youth also discussed the importance of healthy eating and exercise.

**Dekalb RYDC (Spring):** The “Hydration: Why It’s Important” event consisted of physical activity events, education on hydration and healthy snacks.



**Eastman RYDC (Fall):** Youth participated in National School Lunch Week by completing word scrambles and crossword puzzles. Kitchen staff provided energy bites and additional healthy snacks. Youth also engaged in playing basketball.

**Eastman YDC (Fall):** All departments at Eastman YDC participated by offering varying booths for youth to participate in including: wellness team activities such as blowing bubbles, music meditation, stress ball, snacks, bowling, etc.; food service/laundry team had food jeopardy; business office had a health and wellness trivia booth and corn hole; education had multiple booths covering topics such as drugs, bullying, breast cancer, high blood pressure, and diabetes; medical educated the youth on the importance of hydration; programming held a fitness competition where the winning youth received a facetime video conference call with an approved contact;

recreation staff provided activities related to fitness; administration had a WOD (work – out – day) that youth participated in and received prizes; secretaries played health jeopardy with the youth and were provided healthy snacks.



**Eastman YDC (Spring):** All departments at Eastman YDC participated by offering varying booths for youth to participate including: mental health activities such as stress ball, paddle ball game, fidget spinners, Rubik’s cube, and bubbles, etc.; the business office incorporated physical activity via a fitness relay; the secretaries did a “roll the dice” workout; the medical staff did water pong; food service did a brain teaser; human resources did a truth or dare; recreation did jump rope and fall prevention; programming did puzzles, music therapy and brain training games; and much more!



**Elbert Shaw RYDC (Fall):** The youth participated in an art contest, bean bag toss game, wall sit + plank competition and a four square tournament. Youth also harvested food from their garden that were then used as healthy snacks. Additional healthy snacks were provided by food service staff.



**Gainesville RYDC (Spring):** “Mayfest” event included inflatable bounce house & slides, flag football, dunking booth, basketball tournament, sip & paint, snow cone machine, cotton candy machin and whiffle ball.

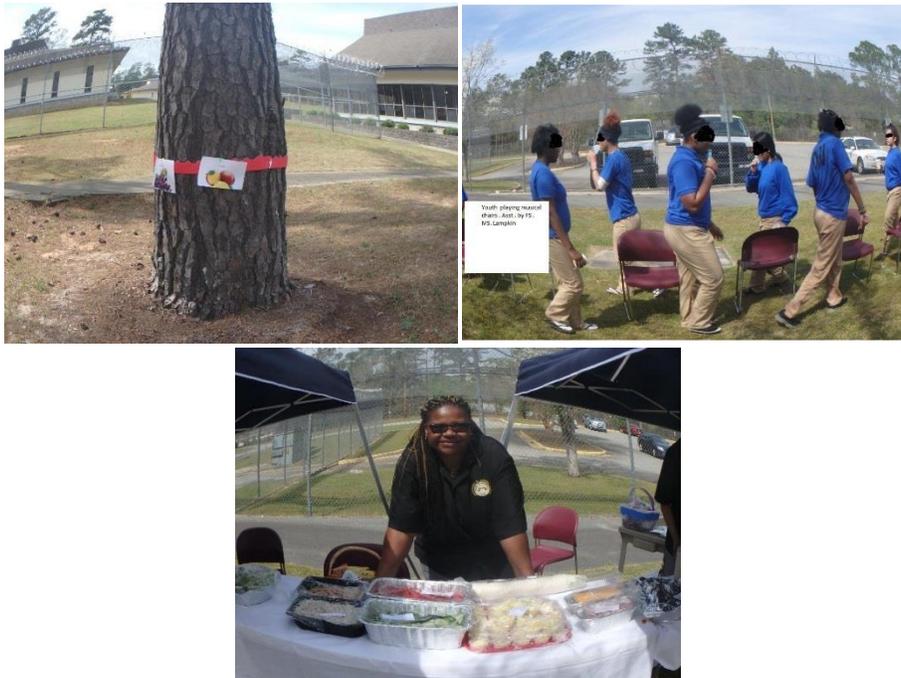
**Loftiss RYDC (Fall):** Youth participated in events such as musical chairs, flag football, egg race, and ring toss. Youth were educated on topics such as staying in shape and why fruits + veggies are important.

**Loftiss RYDC (SPRING):** “Get your engine started” themed event that consisted of a fools ball and basketball game. Staff discussed wellness topics including the importance of food on providing energy.

**Macon RYDC (Fall):** Youth participated in a matching game that indicated which foods promoted a healthy heart. Youth also participated in a blind fold taste test to see if they could identify foods.

**Macon RYDC (SPRING):** “Jump into Spring Wellness” event that consisted of jump roping for 10 minutes and education on the importance of exercise and eating healthy. Youth were provided MyPlate.

**Macon YDC (SPRING):** “Wellness Scavenger Hunt” event where the youth were given riddles that provided clues to where hidden fruit was located around the campus. This event was followed by musical chairs.



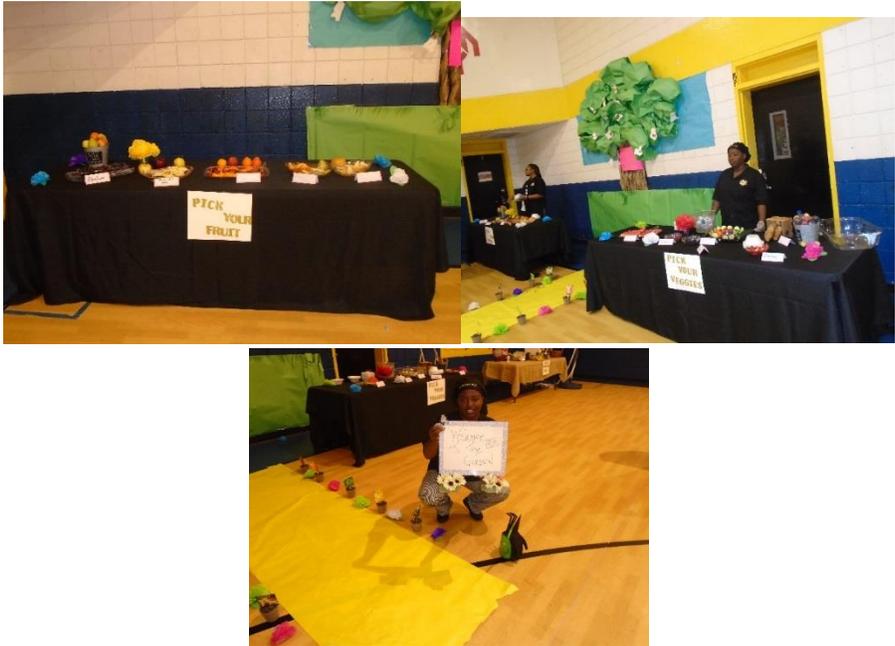
Marietta RYDC (Fall): Youth were provided healthy snacks and completed activities such as puzzles while learning about nutrition and how to make better food choices.



Martha Glaze RYDC (Fall): “Jamaica One Love” event included Jamaican food samples and fitness stations including pushups, planks, jogging, bicep/triceps curls, chest passes with medicine ball, hurdle jumps, agility steps, and human tic-tac-toe.



**Martha K Glaze (Spring):** “Pick Your Fruit or Vegetable” theme event that allowed youth to taste a variety of fruits & vegetables from all over the United States.



Metro RYDC (Fall): Facility held fitness events including kickball, dodgeball, Zumba, basketball, and jump rope. Youth were educated on how to build healthy lifestyles.



**Muscogee YDC (Fall):** Youth participated in football, bean bag toss, and basketball. Healthy food was served while youth were educated about consuming a balanced diet.

**Muscogee YDC (Spring):** This spring wellness event consisted of a coloring contest, crossword puzzles and education on the importance of breakfast, exercise and healthy eating. Food Service staff also provided healthy snacks.

Rockdale RYDC (Fall): Youth engaged in corn hole toss, water relay with sponge balls, dart board toss, basketball free throws, bowling, and musical chairs. Youth were educated on “clean fun”.



Savannah RYDC (Fall): The facility hosted a push up contest amongst youth.



**Savannah RYDC (Spring):** “Hoop for Health” basketball tournament and discussion of importance of physical activity and healthy eating.

**Sumter YDC (Fall):** The facility hosted a single-day wellness event in which all departments participated. Youth activities included go fish, muffin tin toss, wellness trivia, smoothie station, and flavored water station. Healthy snacks including baked harvest muffins were provided as well.

**Sumter YDC (Spring):** The multi-purpose room where the majority of youth events are held was conformed to a carnival setting, youth and staff participated in physical activities while socially interacting. Printed documents on spiritual, emotional, physical and social wellness was on display. The event kicked-off with a motivational speaker, activities were sack races, spoon / egg game, corn hole, hoop the barrel, four square, air volley ball, and spinning Nerf target game. Staff donated boiled peanuts, Slushies, and popcorn.

**Terrell RYDC (Spring):** The “Healthy Habits” event focused on eating healthy foods and keeping healthy habits. Youth were provided healthy snacks and smoothies.

Waycross RYDC (Fall): The facility hosted the wellness event around the National School Lunch Week celebration. Youth participated in several activities including puzzles, bingo, crosswords, and being educated on sanitation and foodborne illness. Youth were also given healthy snack options throughout.



**Wilkes RYDC (Fall):** The facility hosted a variety of events for youth including volleyball, bottle ring toss, cake walk, bean bag toss, and bowling.



**Wilkes RYDC (Spring):** Wilkes Education Department hosted Spring Wellness Week March 26th through March 29th. Each day was fun filled and educational for Youth and Staff. Tuesday was Spiritual Wellness and Green Day. We had several speakers to assist us with learning how to advocate for ourselves and others and seeking spiritual guidance with Jana Stokes (Ryan's Gift of Advocacy and Special Education Advocate), Minister Avis Williams, and Pastor Devon Harris (Full Circle Refuge tnc.). Wednesday, we learned about physical wellness on Jersey Day. We were honored to have Athletic Director, Coach Jay, from Washington Wilkes High School. He encouraged everyone to stay grounded and focus on their goals no matter what it may look like. Coach Jay used mnemonic devices, such as AIE - Attitude Everything, DWG - Develop, Win, Graduate, and the phrase No Vision No Goal emphasizing the importance of getting an education. Coach Jay ended each presentation by running a few football plays with youth and staff members. Thursday was Pink Day and we learned about making better food choices, what healthy options are, and portion sizes with Ida Jackson and Linda Beasley (UGA College of Agricultural and Environmental Sciences). We also had Kathryn Filipiak (Dietitian and owner of Southern Scratch Consulting), who allowed the students to set the table, sit down and enjoy a delicious snack. Highlights of her presentation, accentuated that eating with others provides a sense of belonging, meals provide us with a feeling of satisfaction and meal time gives accountability. She stressed the fact that youth need to be accountable with someone and mealtime is the perfect opportunity for this interaction to occur. Friday all youth had the opportunity to make their own smoothies with fresh fruits and learn about the health benefits of Acai bowls. Nurse Dorothea Bailey-Butts spoke to the youth about Weathering the Storm. She advised the youth to take strides through life and don't pull over, but to keep going. She

encouraged them to stay focused, have confidence and to be all that they can be. She summed up her presentation by encouraging the youth to pause negativity, focus on now, take time for self and to be a better person Youth and staff members at Wilkes RYDC were treated to Wellness snacks during the week that included baked or popped chips, granola bars, fruit and veggie trays, sub sandwiches, sugar-free cookies, and bottled water. Thanks to all the great community support and donations from Wal-Mart (Thomson), BLO (Washington), Ann Bates, Dr. Hurt (Education Dept.), Mrs. Kemp (Food Services), Felicia Jackson (Volunteer Services) and many more. All Staff were asked to participate, and Wilkes showed up and out. Thank you to all our community presenters/partners and to Staff for making Spring Wellness Week 2019 a success!!!

