



News Release

For Immediate Release

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Making Health and Wellness a Priority

Cumberland County, Pa. (October 16, 2006) – Today marks the beginning of Health and Wellness week at Carlisle Christian Academy. K-12 students will engage in various types of activity to promote the importance of nutrition, exercise, and maintaining a healthy lifestyle.

A Focus on Wellness in the Classroom

K-5 students will be visited by Joyce Levin, RN, from the PA Department of Health to learn about the new food pyramid and the importance of exercise. Upper Elementary students will hear from Dawn Vioral from the Sadler Health Center on the dangers of smoking and tobacco use. All elementary students had a visit from the South Middleton Fire Department to learn about fire prevention. Middle School Students are participating in the President's Active Lifestyle Challenge. The goal is for students to meet a daily activity goal (60 minutes / day for youth under 18) at least 5 days a week for a total of 6 weeks. There is also an option to use a pedometer to record daily activity (Girls 6-17 at least 11,000 steps per day. Boys 6-17 at least 13,000 steps per day). Students may take up to 8 weeks to complete the program. High school students will participate in the Active Lifestyle Challenge in the spring.

"We had many students participate and achieve their activity goals last year." Said Mrs. Maggie Lattin, Athletic Director. "Our goal is that even more students and families will increase their activity level through the program this year."

Walk a Thon

On Friday, students will be holding a Walk-a-Thon. Students will give up their recess and instead walk for thirty minutes. Healthy snacks will be provided after the walk. Students will also make posters, noting health and nutrition tips to carry during the walk. This event will also serve as a fundraiser for the school.

Wellness Grant Received

CCA was recently awarded a Mini-Grant from the Carlisle Area Health and Wellness Foundation to fund various Health and Wellness initiatives. These initiatives include a 2nd Annual Family Health Fair event to be held in the spring. Last year, over fifteen community health vendors participated to make the fair a success.

“We are thankful that we have so many excellent resources in our community who are able to assist us in providing health and wellness education.” Says Mr. Matt Tuckey, CCA Administrator. “This grant will help us maintain an ongoing focus on wellness issues.”

Carlisle Christian Academy serves grades K through 12 and offers before and after school care, full-day summer camp programs, the Discovery Program, Classroom Plus, fine arts, drama, and athletic programs. Home-schooled youth may also register for select programs. CCA’s core focus is to provide a sound Christ-centered education to the children of South Central Pennsylvania. Currently, CCA has over 130 children enrolled and accepts new student applications throughout the year.

For more information on the President’s Challenge, visit www.presidentschallenge.org

For more information on Carlisle Christian Academy, visit www.carlislechristian.org

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