

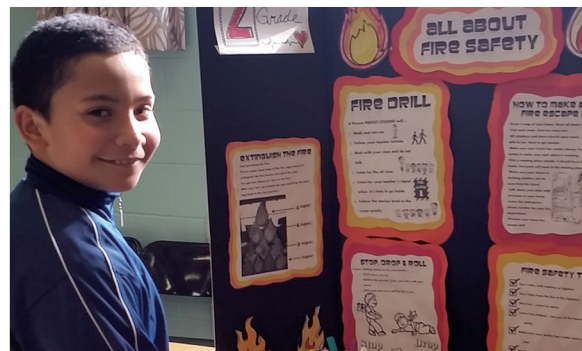
See what schools are doing and how you can get involved at optimum.net/community.

Showing Off Healthy Habits

The **Our Lady of the Hamptons** students, all 318 of them, prepared for a school Community Health Fair in language arts, math, science and social studies classes, researching aspects of health and safety in their local community. Each grade was assigned a concept: first aid, nutrition, fire safety, grooming, physical exercise, poison control, bicycle safety, and stress reduction. They shared their research on topics of health and general wellness with their own designed and run exhibits and displays. Community members from local health and wellness professions were also invited to share their expertise and demonstrations, keeping the entire school community engaged. Prep 8 student Sarahann Q. shared, "It was amazing how everyone's hard work really came together!" Alex H. grade 5 said, "This was one of the ten best days ever! We got to learn and really have fun at the same time." Grade 3 student Serafia M. added, "I can't believe how many people from the town came to work with us. I hope we taught them something about health." Lastly Prep 8 student Laim R. added, "Those massage techniques really help ...wish we had that every day especially before big tests."



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