

Healthy Kids,
Healthy Families,
Healthy Lifestyles

The Student Wellness Initiative would not be possible without generous funding from the Gulf Coast Community Foundation of Venice and the cooperation of the Sarasota County School Board. The South County Family YMCA recognizes these valuable relationships as the cornerstones to improving the health of South Sarasota County families.

For more information, contact the following:

Student Wellness Initiative

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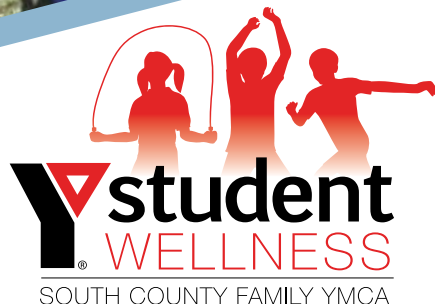
Afterschool Care Programs

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Healthy Kid memberships, Healthy Family Memberships, & Community Events

South County Family YMCA, 941-492-9622

South County YMCA
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www.southcountyfamilyymca.org



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Venice, Florida is a great place to live. But did you know that 19.4% of children here are overweight or obese? That's higher than the national average.

Our rate of childhood obesity has more than tripled in the past 30 years. Additionally, an overweight kid has an 80% chance of being an overweight adult. Pretty gloomy statistics, but hope is on the way.

The South County Family YMCA, a leader in wellness and fitness programs, has partnered with Sarasota County Schools to start an initiative aimed at reducing childhood obesity and improving the health of local children and families. The YMCA understands the financial and time hurdles families

face today. Making healthy choices isn't easy.

The YMCA has stepped in to provide the tools, resources and support that families need to be sure that kids get a healthy start in life and that parents stay healthy to enjoy their time with their kids.

To really make a difference in the health of local families, it will take a wide-spread effort by the entire community and YOU. Read on to learn about all the ways the South County Family YMCA is here to help you make a difference in your family's health this year.

But you have to become involved. This is your official invitation to participate in a fantastic initiative that could change your family's health for generations to come!

Healthy Kids, Healthy Families, Healthy Lifestyles



The Many Roads to Good Health

The effort to improve the health of Venice families takes many coordinated approaches.

Within local elementary schools

The South County Family YMCA has developed a **9-part fitness and nutrition curriculum** that will be presented to third, fourth and fifth graders in their PE classes this year. The Y will be sending certified teachers into the classrooms to deliver the lessons beginning in September. The goals of the lessons are:

- To encourage healthy behavior change
- To increase knowledge of making healthy choices

Look for students to bring home a weekly scorecard to be signed by a parent. Participate with your child to earn points and get rewards. It's fun!

Ask your kids to show you the new yoga pose or kickboxing punch they learned while watching YMCA-made fitness videos. Kindergartners through fifth graders will view videos daily in their classrooms.

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Afterschool Programming

The YMCA's Afterschool Program is getting a face lift!

- Fitness and nutrition classes are being added to the weekly schedule to help kids make the connection to living healthy lifestyles.
- The Afterschool staff has undergone training over the summer and is ready to launch the CATCH Kids Club this Fall
- The new registered dietitian will be doing special, kid-friendly nutrition classes and food preparation lessons.

This afterschool program will actually help your kids be healthy for life!

Family Programs

The SCF YMCA is rolling out two new memberships to encourage all kids and families to lead active lifestyles. Any child in third, fourth or fifth grade will receive a **FREE Healthy Kid membership** to the Venice YMCA. With this membership, kids can:

- Participate in specialty fitness classes
- Exercise to DDR in our new youth fitness area
- Participate in an entire year's worth of special youth and family activities.

If you are not currently a YMCA member, you and your family can join the YMCA on a **Healthy Family membership for a reduced fee**. You will participate in one of three programs designed by our qualified exercise physiologist and registered dietitian:

- Family weight loss program
- Family nutrition program
- Family fitness training program.

After the program, enjoy all the YMCA benefits for the remainder of the school year for a reduced fee.

Look for a flyer to come home with your children soon.

Community Events

It takes an entire community to support the health of its residents. Over the upcoming school year the YMCA will coordinate 2-3 community events involving partners from the profit and non-profit sectors, local government and the schools. The events will be centered on helping you and your family live healthfully.

Look for information on these events in the monthly newsletter that will come home with your child. They are slated for October, January and April.

Parent Consent

Parents, we need your consent to survey and assess your child in order to measure the success of this important initiative.

Included with this brochure is a permission slip that we must have signed by you. Please allow us to survey and measure your child at the beginning and end of the school year by signing and having your child return the permission slip to the school office or teacher. Thank you very much. Extra permission slips can be found in the school office if there is not one with this brochure.

Parents, please look carefully at the materials your kids will be bringing home from school this year.

Be On The Lookout For:

- Monthly newsletters with information about upcoming community and YMCA events, family activities, recipes, stories and program updates.
- Flyers for information about the Healthy Kid and Healthy Family memberships.
- Third, Fourth and Fifth graders will be bringing home a scorecard with opportunities to earn points and receive rewards for being active and healthy. Participate with your child to earn more points and sign those cards to be brought back to school!