



Stone Elementary School in Saginaw receives \$30,000 grant for health program

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By **Lindsay Knake** | **The Saginaw News**

SAGINAW — “Peter Pancreas” and “Madam Muscle” will help educate students at Stone Elementary School in Saginaw.

The school, 1006 State in Saginaw, along with Zilwaukee Elementary School, 500 Johnson in Zilwaukee, received a \$30,000 grant from Blue Cross Blue Shield of Michigan to incorporate lessons about healthy living and exercise into classrooms.

Michigan State University Extension will use a curriculum called OrganWise Guys to teach children about eating well using a platoon of cartoonograms.

“The program enables students to become nutritionally aware,” said first-grade teacher and grant coordinator Kelly Warner.

At an assembly Wednesday, the students learned the basics of healthful living: exercising regularly, eating foods low in fat and high in fiber, and drinking plenty of water.

MSU Extension Program Instructor Monica Borsenik guided the children through exercises to read labels.

The third-, fourth- and fifth-graders responded enthusiastically to marching and singing a military-style tune.

“The kids were so into it,” Borsenik said. “There was a very good response.”

For the rest of the year, Borsenik will come to each of the classrooms every month to continue nutrition lessons, with taste testing, said Dawn Earnesty, MSU Extension educator. The children will win prizes.

The students also will exercise with a fun, interactive program called HOPSports, Earnesty said.

The MSU Extension office taught the teachers to integrate lessons into their own classrooms, and parents can attend monthly health classes.

Stone Elementary's healthy living programs will culminate in the spring with a health and wellness day and a celebratory 5k run.

"The children, teachers, staff love it," Borsenik said.

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