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Sitting in Your Seat? Not for this Teacher!

How does 5th grade teacher Eric Carlsen at Northside Elementary in Fairport reward his students for healthy eating? By giving them more recess! A Healthy Hero award has been given to Carlsen by the Greater Rochester Health Foundation for his efforts to get kids to eat healthier.

Encouraging healthy eating and promoting exercise is Carlsen's way of providing more for his students. Kids who bring in healthy snacks are rewarded with stickers that they can turn in for extra recess time. Some 5th graders bring in nutrition labels, which also get the Carlsen stamp of approval. In addition, throughout the school day Carlsen's students participate in 5-10 minute bouts of physical activity, such as hopping in place, jumping jacks, push-ups, and running in place.

"As an educator, I believe that it is a teacher's responsibility to provide students with the knowledge to lead independent, healthy, and successful lives. Creating a healthy lifestyles campaign in our school is another way for our students to increase their knowledge base with regards to healthy living so they can make healthy choices as they mature and grow."

Foundation president and CEO John Urban says, "We are delighted that with the $500 the Foundation donates to the charity of the Healthy Hero's choice, Carlsen plans to purchase promotional materials for the school so everyone is aware that the school is a 'healthy zone.' On Monday, March 9, the school will have a kickoff assembly where a Rochester Knighthawk and other professional athletes will talk to the kids about becoming a Healthy Hero. The school also will put together a DVD presentation including the "Be a Healthy Hero" jingle created by the Foundation as part of its community-wide awareness campaign."

The Greater Rochester Health Foundation wants to recognize people who are helping kids stay healthy. These are individuals or groups that have gone above and beyond their normal duties to successfully impact children's nutrition and/or physical activity. Healthy Heroes are awarded $500 that is to be donated to the organization of their choice in the spirit of improving the health of children through increased physical activity.
and improved nutrition. People interested in nominating Healthy Heroes may visit www.beahealthyhero.org.

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Press - Carlsen may be reached at Eric.Carlsen@fairport.monroe.edu or during the day at 585-421-2140.