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A Step Here and a Taste There

Every cause needs a champion and Carolyn Rabidoux has proved to be just that in her tireless work to promote physical activity and healthy eating at French Road Elementary School in Brighton. John Urban, president and CEO of the Foundation says, “Greater Rochester Health Foundation has awarded Rabidoux its Healthy Hero Award, for leading the school’s wellness committee, bringing yoga into the classroom, organizing after-school walking groups and encouraging her colleagues to participate in charity runs. She initiated Tasty Tuesdays, where students can try healthy snacks and take a fact sheet or recipe home to their families. She has modeled every aspect of being a Healthy Hero to her students and peers.”

Rabidoux began her commitment to increasing physical activity and improving nutrition, when she joined the staff of the school as vice principal in 2007. She has co-chaired the district’s wellness committee, discouraged using unhealthy food as a reward for students, and organized a staff “Walk Across America” log to encourage physical activity. She says, “The Wellness Committee at French Road School strives to help people develop healthy habits that will last them a lifetime. Keeping our community healthy should be our #1 priority.”

The Foundation recognizes people who go beyond their normal duties to help kids age 2-10 in the Greater Rochester area stay healthy through improved children’s nutrition and/or increased physical activity. People interested in nominating Healthy Heroes may visit www.beahealthyhero.org. Healthy Heroes are awarded $250 to be donated to the organization of their choice.

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