

Aurora Public Schools



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“5th Gear Kids” Kicks into Gear

Fifth graders are the lucky recipients of a new health and wellness program this year in Aurora Public Schools.

5th Gear Kids is a program that rewards fifth-grade students for being active and eating healthy foods. The program’s goal is to combat childhood obesity by teaching kids life-long skills about nutrition and physical activity. 5th Gear Kids will focus on developing fifth graders as leaders who make good choices and set positive examples for the younger children in their schools and for their families at home.

Students will receive a 5th Gear Kids card, which they can activate at any King Soopers, and earn points by completing activities at participating partners throughout Aurora. Students can cash in their points to earn prizes, which range from free AMC movie tickets to an all expenses paid trip to Iceland.

For more information about this program and for a list of partners, visit 5thgearkids.org.



Elkhart Elementary Honored for Promoting Nutrition, Physical Activity



USDA Deputy Under Secretary Kevin Concannon (far left) celebrates the bronze award with APS students and staff at Elkhart Elementary School.

Elkhart Elementary recently hosted USDA Deputy Under Secretary for Food, Nutrition and Consumer Services Kevin Concannon. He presented students and staff with USDA’s HealthierUS School Challenge (HUSSC) bronze award.

The challenge is a voluntary initiative established in 2004 to recognize schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity. HUSSC is a key component of First Lady Michelle Obama’s national Let’s Move! campaign to end childhood obesity within a generation.

“Four thousand schools have earned this special award. And you know what? There are more than 100,000 schools in the country,” Deputy Under Secretary Concannon said to Elkhart students.

During his visit, Under Secretary Concannon discussed the changes to school meals being implemented this year, as part of the Healthy Hunger-Free Kids Act of 2010. The program ensures that students are offered both fruits and vegetables every day of the week; substantially increases offerings of whole grain-rich foods and low-fat or fat-free milk; limits calories based on the age of children being served to ensure proper portion size; and focuses on reducing the amounts of saturated fat, trans fat and sodium.

In addition to Elkhart, other APS schools have also earned this award. These schools will be announced soon.