

October 16, 2017

Dear GJHS Parents,

I am excited to tell you about our Seventh Grade Health Fair. This is a fun filled **DAY** (all day event) where students get to listen and participate with dynamic speakers on health related issues. Active participation is expected so please have your student wear appropriate clothing. (Example sweats, shorts, t-shirt, sports bra, tennis shoes: school dress code applies to clothing.) The Health Fair will be held here at the Junior High on Thursday, October 19th for Team Humility and Tuesday, October 24th for team Acceptance and Honesty. Following is a description of each topic that will be presented.

Nutrition and Portion Size presented by Carissa Redman, Logan County Health Department, will focus on reading food labels and understanding what is an appropriate portion size and exactly what nutrients are in the food you are choosing to eat.

Fitness presented by Courtney McLemore, Logan County Health Department, is an active workshop of fun filled games showing the students just how much fun and how easy it is to be physically active.

AIDS Awareness presented by Heather Ward, Logan County Health Department, gives factual information on how you become infected with HIV/AIDS and how to prevent becoming infected.

Drug Intervention presented by Officer Anthony Gibbs, Guthrie Police Department. This class will discuss the substances that are considered "DRUGS" in the school environment, the effects on the body and how to deal with the pressures driving students to use drugs.

Tobacco Stops With Me presented by Nikkiey Morton, Logan County Health Department, is focusing on the negative health effects that tobacco and secondhand smoke has on the body.

If you have any questions or concerns please feel free to call me at 282-5936.

Respectfully,

Teresa Hopper, M.Ed.
GJHS Counselor