

## November's Gold Medal School of the Month

### Riverview Elementary

Principal: Sandra Jarvis

School Coordinator: Ginny DiRaimo

Mentor: Chelsea Bishop



This year, Riverview is going for the Gold. Last year, they walked all over the world visiting different places and all the while spelling out "RIVERVIEW." Now their focus is more on nutrition, and instead of walking to a certain place, they will walk to a set-mile goal: 55,000 miles. Once they reach that, their principal, Mrs. Jarvis, will wear a strawberry costume to a whole day of school!



On Monday, September 14<sup>th</sup>, Riverview kicked off the year with a Gold Medal Schools opening assembly in conjunction with Green Ribbon Week. Super Safety Woman and Nutrition Girl came to the assembly to host a trivia game all about being healthy and safe. A few students from each grade participated in answering health-related questions or taking part in the physical challenges. That day, the principal also encouraged all of the teachers to take the students out to walk the mile as part of the assembly. Other activities for Green Ribbon Week included: a wear green day, "watch your step day" (wear mismatched shoes), and a walk to school day (Flash Fox came to be the cross guard).

Another component of Riverview's year will be implementing nutrition classes for each of the grade levels. In conjunction with the Local Health Department and a few community leaders, Riverview will provide monthly nutrition education presentations (10-15 minutes long) about one of the food groups to classes.

Riverview's staff is also committed to living healthy lifestyles as well. Staff members are encouraged to participate in the Nebo School District's Healthy Lifestyle Challenge program which provides challenges to the teachers each month with prizes awarded at the end of the year. October's challenge was to increase their resistance training in their work outs.



Thanks to a supportive principal, staff, and School Coordinator, Riverview has a great year to look forward to.