Botsford launches program that combines reading, fitness

At Botsford Elementary in Livonia, school staff combined an emphasis on nutrition and fitness with reading during Reading Month in March.
Botsford is part of the Clarr nevellie School District, which serves students in Farmington Hills, Livonia and Redford. School officials say heightened awareness of physical fitness and the Importance of nutrition has become a central theme there.
Nutritional messages are integrated in the classroom, enfected and throughout the halls. Combining nutrition and physical fitness with the traditional 3 "Rs", educators believe, will build healthy minds and hodies, as well as adding the transformation of children into Intelligent, independently hinking, bealthy adults.
The that end, school staff formed "Tean Nutrition," led by Head Chef Andy Taylor. Principal Loe Schiffman, fifth grade teacher Lisa Piontek, noon aide Paulian Adelson, leastly teacher Linda Yunght quickly jumped on board.
Armed with great ideas and lots of determination, they

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obtained a \$2,000 grant from Michigan State University extension to host a "Reading, Feeding and Fitness Activity Might Worldnesslay, March 19. This event included staff members reading from books, apecifically chosen to enhance curlosity in food and fitness, auch as "Green Eggs and Ham" and "Clondy with a Chance of Meatballs." Dalay Seremba, an MSU extension facilitator and the school food service manager worked together (with fruit and vegetable donations from Westborn Market) to create testing centers to encour-Westborn Market) to create taste lesting centers to encourage parents and children to discover new foods and learn how to prepare them. One table visually displayed the amount of processed sugar that is contained in a so-called 'thirst quenching' carbonated beverage.

nge.
Another display made par-ents aware of how easily young children can mistake common cleaning supplies with food

items. "When the Parmesan cheese container and the Comet elemer, both in metallic green, cylindrical containers have their

names hidden, it's easy to see how my son could mistake cleaning powder with a food topping," commented one par-

topping, commented one par-ent.

The third component of the evening, physical fitness, included demonstrations and interaction activities with exer-cise balls, pedometers, aerobics, and pre-climbing.

Fitness USA was on hand to test body fat and blood pres-sure and even gaye away two facility passes. A member from Botsford Hospital was on site to screen children's blood pres-sure. Representatives from the sure. Representatives from the Livonia YMCA and the Livonia Community Center answered questions, and MC Sporting Goods provided \$5 and 15% off

Goods provided \$5 and 15% or coupons.
Special Guest Mayor Jack Kirksey showed his support for Botsford Elementary and Clarenceville School District.
Schiffman was thrilled with the turnout of the event.
We live in a great school district, and it's a wonderful opportunity for us to be able to provide an event where parents and their children can explore new activities together.
Schiffman and Thylor both

expressed a desire for "Reading, Freding and Physical Fitness" to become an annual event. In addition to special events, Team Nutrillon works hard to clucate students and encourage a healthy lifestyle on a duly basis. Taylor quizzes students on the five basic food groups as they pass through the lunch line and creates a variety of menu choices, encouraging students. menu choices, encouraging stu-dents to try new foods such as

my characters and a second and the students don't know what quiche is, but now they will be able to try it and see if they like it," said Taylor.

READ ACROSS MICHIGAN

Botsford's theme for Reading Month was "Read Across Michigan," which provided an unusstal motivation for kids to achieve reading goals. As March began, Principal Schillman and para-educator Patricia Greg found them-selves "stranded" in the Upper Peninsula. It was up to the stu-dents to bring them back to school before the month was over.

over.

The two stopped in various
Michigan cities along the way,



Mayor Jack Kirksey visited with Principal Joe Schiffman during Reading, Feeding and Fitness Hight at Botsford Elementary.

and students received clues each morning as to their wherenbouts. At the end of each week, two correct answers from grades K-2 and 3-5 were

from grades K-2 and 3-5 were drawn; students with a correct location won a prize. Students earned a postcard by reading for a specified peri-od of time or by completing a

calendar activity. The post-cards, each worth five miles, were displayed in the front lobby and in and around class-

rooms.
Students were also asked to either write a brief summary or draw a picture that pertained to their book or the state of Michigan.

Ocrothy P. Gaabo
Services for Dorothy Patricia
Ganbo, 74, of Rochester, will be
field at 10:30 a.m. Tuesday,
April I at St. Robert Hellarmine
Catholic Church in Redforti
with the Rev. Dennis Theroux
officiating,
Burlial will follow at St.
Helwig Cemetery in Dearborn
Heights, Visitation will be held
4-9 p.m. Monday, March 31 at
Heeney-Sundquist Puneral
Home in Farmington.
Mrs. Gnabo was born April
12, 1928, in Seranton, Pa., and
dled March 26, 2003, at
Crittenton I Inspilal in
Rochester. She worked as an
executive serectury for executive secretary for

GenCorp for 27 years and was a member of St, Robert Bellarmine Parlsh. She was a member of the Eagle and Monoc Clubs and enjoyed play-ing euchre, pinochle, traveling to Las Vegas and Big Band music. She is survived by her daugh-ter, Reverly Gaabo; sons, Robert and David (Karren); sis-ter, JuAnn Paddock; and grandchildren, Brik, Christian, Armanda, Angela and Ashley.

OBITUARIES

Aranda, Angela and Ashley.

Louise C. Nicholis

Services for Louise Catherine Nicholls, 57, of Farmington Hills, were held March 29 at Our Lady of Sorrows Church in

Farmington with Monsignor Walter Hurley officiating. Mrs. Nichoils was born July 18, 1945, in Park Falls, Wis., and died March 25, 2003, at Providence Hospital in Southfield, She worked as an

optical technician.

She is survived by her husband, Keith; daughter, Cassi; son, Nicholis; brother, Edward Costello; and sister Pam

Wilson.
Memorial contributions may
be made to Hospice of
Michigan, 400 Mack Ave.,
Detroit, MI 48201.
Arrangements made by
Heeney-Sundquist Funeral
Home in Farmington.



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