

Student Body Wessington Springs Senior FCCLA Chapter 2019-2020

This year members emphasized “Total Fitness” related to all areas of health through their Student Body activities. To begin the year they promote a person’s emotional health by posting positive statements on student lockers.

FCCLA members in the Nutrition and Wellness class promoted the positive and negative health aspects of sugar and salt in your diet and the positive aspects of eating fruits and vegetables during the month of February. During the month of March they will promote the importance of healthy eating and physical activity during National Nutrition Month. They will give presentations, create displays, and develop public service announcements.

On average one person should have 22 - 30g of sugar per day.

After one pop, what is your sugar intake?




Austin Schimke and Emma Gran prepare the sugar display to highlight the positive and negative aspects of different beverages that teenagers drink. The class first surveyed students on which beverages they drink and then researched the sugar content of these drinks.

What is salt?

Salt is a mineral consisting of about 40% sodium and 60% chloride.



What are its uses?

Salt is used as a binder and stabilizer.



How much salt should you eat?

Most Americans consume at least 1.5 tablespoons of salt per day, or about 3400mg of sodium.

Most is far more than we need in a day.

What are the effects of too little salt on the body?

Too little amounts of salt can lead to excess vomiting, diarrhea, and sweating. It also can lead to headaches, altered mental state/ confusion, lethargy, seizures, and coma.

What are the effects of too much salt on the body?

Too big of amounts can lead to seizures, coma, or even death. It causes difficulty breathing, nausea, weakness, loss of appetite, and kidney damage.

Strawberries

- Sweet and healthy
- Goes good with cereal and yogurt
- Kids will love them
- Goes well with chocolate (Remember, dark chocolate can be healthy!)




Brussel Sprouts

They'll blow your mind!

Can be made many different ways!

Very healthy for you!

Delicious!




During first semester, chapter members promoted social health by hosting monthly gatherings for members of the student body. Each class had a half-hour time each month for interactive games and food treats. In February members hosted an entertainment event for Wessington Springs High School Sweetheart Dance was only open to W invite students who were not FCCLA members. Even though the turnout fall short of expectations, students who attended had a great time! The goal of these events was to encourage more social interaction among our student body.



Above: Sophomores interact through “circle conversations” during their monthly gathering.

Below: WSHS students enjoy the February entertainment.



Members will promote physical fitness through a 3-on-3 Tournament on March 7th. The tournament also will raise money for the city summer recreation program. On April 4th members will continue their promotion of physical fitness by hosting a community Dodgeball Tournament.

3 on 3

WSHS FCCLA
3 on 3 Tournament
 Half court/ Double elimination
 15 minute games
 3 or 4 people per team

Age Divisions
 3-4 Graders
 5-6 Graders
 Middle School Students
 High School Students
Adults (everyone out of high school)

**TEAMS CAN ONLY
 CONSIST OF THE SAME
 GENDER**

Wessington Springs Gymnasium
Saturday, March 7th * 9 am
Winners will receive medals
Lunch and concessions will be provided
Admission will be \$3 for adults (children free)

\$5 per player (grades 3-6) \$10 per player (Middle School/High School/Adult)
Proceeds from event will be donated to City of Wessington Springs Pool Task Force.

Registration forms are in the Wessington Springs High School office or online at <http://www.wessingtonsprings.k12.sd.us/>. Return by Feb. 27th.
 For any further information, contact Charlotte Mohling (charlotte.mohling@k12.sd.us) or at (605) 770-5490 or call the high school at (605) 539-9391.

Members will promote the importance of intellectual (cognitive) health during the Smarter Balance testing. They will give students notes of encouragement and healthy snacks during the testing.