



Press Release

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Lynwood Unified Elementary Students Learn Healthy Eating Tips from Actress

Star Tia Mowry-Hardrict commends District for after-school programs

Lynwood – Nearly 100 Lynwood Unified Students clung to the edges of their seats, screamed and clapped feverishly on as Tia Mowry-Hardrict, star in “Sister Sister” and CW/BET’s “The Game,” made her way in to the Lindbergh Elementary School cafeteria to discuss healthy eating with them.

The actress prepared healthy snacks and gave shopping and cooking tips to the students, who are part of the District’s Lynwood Enrichment Afterschool Program (LEAP). The after-school LEAP initiative, supported by the Alliance for a Healthier Generation, focuses on healthy eating through celebrations and having staff members model healthy eating habits for students.

“If I can inspire and make it fun in any kind of way for kids to eat healthy and make healthier choices, I think that’s awesome,” Mowry-Hardrict said. “Vegetables and fruit don’t always have to be boring or bland – you can have fun with it! It’s all about encouraging kids to make healthier choices.”

As part of her Feb. 3 visit, Mowry-Hardrict made ants on a log (celery sticks with peanut butter and raisins on top) and apple racecars (apple wedges with grape wheels) for a classroom full of LEAP students, sharing stories surrounding her rise to fame and her son’s nutrition.

“We always want our students to be mindful of eating right and exercising regularly, because their health contributes to their performance in the classroom,” LUSD Superintendent Paul Gothold said. “Lynwood Unified is fortunate to have LEAP as part of its after-school and summer elementary curriculum, giving our students an extra outlet to stay active and learn about nutrition throughout the entire year.”

LEAP students regularly learn about nutrition and participate in physical activity during after-school and summer programs, keeping them active and health-conscious during the moments when school is not in session.

“It’s so exciting to see our elementary students get this excited about their health,” LUSD Board President Alma-Delia Renteria said. “Healthy bodies lead to healthy minds, and our students, staff and administrators are leading as prime examples of how to lead a healthier lifestyle.”

MORE

The **Lynwood Unified School District** is dedicated to offering students a world-class education to prepare them for success in college and career in the 21st century. Under its Achieving Greatness Initiative, the district is realigning all aspects of its organization to strengthen and expand instructional programs, enrichment and extracurricular activities, and support system for students and staff. For more information, visit www.lynwood.k12.ca.us.

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PHOTO CAPTIONS

021417_LUSD_HEALTHY1: Lynwood Unified students in Lindbergh Elementary School's Lynwood Enrichment Afterschool Program gather around Tia Mowry-Hardict, star in "Sister Sister" and CW/BET's "The Game," who shared healthy eating tips with the K-6 students on Feb. 3.

021417_LUSD_HEALTHY2: Lindbergh Elementary fourth-grader Aaron Lopez and third-grader Christina Martinez help Tia Mowry-Hardict, star in "Sister Sister" and CW/BET's "The Game," make ants on a log and apple racecars during her visit to the school. The star shared healthy eating tips with students and showed them how to make healthy, fun snacks.

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The mission of **Lynwood Unified School District**, the cultivator of innovative thinkers, is to ensure each student fearlessly achieves his or her highest academic and personal aspirations while contributing to the greater society through a unique system distinguished

by:

★ People of great character who inspire and lead by example ★ The instilling of courage to be creative ★ The transformative uses of