



BUENA PARK SCHOOL DISTRICT

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PRESS RELEASE

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Buena Park School District Boosts Health and Wellness During Summer Break

BUENA PARK, CA – Buena Park School District students are staying physically fit, increasing their understanding about healthy eating and improving their social-emotional well-being thanks to the District's health and wellness resource guide and fitness calendar.

The health and wellness guide launched in January 2021 after a District English Learner Advisory Committee meeting, where parents began asking for new ways to keep their children active and healthy during the COVID-19 pandemic. The District's partner

The resource guide, created by Director of Curriculum and Instruction Michelle Centeno and Special Projects Teacher Charlene Ball, includes healthy food recipes, a virtual calming room and cardio workouts. Students can access these resources through the District [website](#).

"Parents who asked for these resources and then saw all of our efforts were so grateful. They said it felt like they were being heard and that we met their needs during this time," Ball said. "It's been so rewarding overall. I love figuring out what to include each month."

The guide also includes a monthly fitness calendar, which has topics such as pool safety, musical jump rope, breathing exercises and inspirational videos from famous leaders such as Dr. Martin Luther King.

Centeno said her favorite feature in the resource guide is the social-emotional wellness information, since boosting mental health is highly beneficial for students during the pandemic.

"This health and wellness resource guide is fantastic for everyone in our community – it's useful for students and their entire family," Superintendent Dr. Ramon Miramontes said. "Our District knows how important it is to keep your body and mind active and we hope that more of our community can use these resources to stay healthy."

PHOTO CAPTION:

BUENAPARK_WELLNESS1: The August fitness calendar from Buena Park School District's health and wellness guide features new ways for students to stay healthy and fit through a variety of fun activities.

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