

Wellness Promoted In and Out of School



Director of Food Service Bernie Lane and the wellness team strive to involve students in promoting good health.

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weeks, a golden shoe will be hidden along each route. People who find the shoes will receive a free pair of walking shoes.

Tie up those old tennis shoes and take a stroll – it may earn you a new pair of kicks. The Golden Shoe Campaign, presented by the Ottawa County Wellness Coalition, encourages Ottawa County residents to hit the sidewalks. The program kicked off on April 20 and will run through October 19. Its website can be found via the HPS website under the "Parent Links" tab.

"The purpose is to get people up and walking," said Bernie Lane, di-

rector of food service at Holland Public Schools. "There are trail maps and routes you can follow." Maps are available at Loutit District Library in Grand Haven, Herrick District Library in Holland, and Howard Miller Library in Zeeland. Every two

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"The shoes were decorated by our high school kids," Lane said. "They were sprayed gold and decorated quite elaborately." Holland High's involvement in the Golden Shoe Campaign is part of its initiative to create healthier lifestyles for students and their families. Last year, Lane pulled together a Wellness Team after receiving a grant through the health department. "The team is creating more awareness in schools to make sure health is being taught and to follow the wellness policies," Lane said. "The team helps students engage in healthy lifestyle choices."

Mrs. Lane has already implemented a number of changes to promote wellness, including removing deep fryers, offering more nutritious items on the school menu, and cutting back on the amount of candy available in the school store. Lane hopes to have a link on the district's website soon which will feature simple nutritious recipes and health-related events.

