

MOLALLA RIVER MIDDLE SCHOOLS
By Albert Garcia

In Molalla, our initial attempt at a Healthy Behaviors program was to focus primarily on students that are sedentary. It soon became difficult to keep the program going with only youth that exhibited poor eating habits or lacked physical expression, so we tried to incorporate other more energetic youth into the program. We updated the curriculum with fun science experiments, innovative fitness activities and motivating mental and physical challenges that made the environment more exciting, and we were able to get a small mixed group together that included 6 students in a club that met weekly and called it 'Molalla Moves'.

In August we facilitated an Intramural program that focused on physical expression, and in February we started our Soccer program which highlighted physical activity, but also emphasized the importance of nutritional habits to stay in shape during the offseason. In the coming school year we will continue with the Intramural sports program, but we will also offer less competitive activities as an option, to engage those students that struggle with exercise and being active.

