

Okmulgee Fire Department surprises class with health party

On Monday, Mrs. Calvert's pre-kindergarten class was surprised with a health party and a visit from the Okmulgee Fire Department's C-Shift. The fireman, along with school Nurse Tammy Smith, and several members of the Okmulgee County Wellness Coalition, came together to prepare healthy snacks for the party. The children enjoyed eating bananas and grapes that were made to look like dolphins, and fun "snails" made out of celery, apples, and peanut butter.

Mrs. Calvert's class received the honor of a surprise healthy party for having the highest percentage of students who completed the health competition. This past month's competition was called the 8X8 Bulldog Water Challenge. The Okmulgee Fire Department, Police Department, and Creek Nation Emergency Management, encouraged the students to drink one eight ounce glass of water eight times a day, and to eat at least one fruit and vegetable every day for a month. The students logged their progress at home and brought their results back to school at the end of the month.

The competition is part of the "Boots and Badges" program in the Okmulgee Primary, Middle, and High School. For the past five months the Boots and Badges program has allowed the community agencies to exercise with the children during P.E. classes, and then encourage healthy eating by sitting down to enjoy a nutritious lunch with them. This program not only encourages children to try new foods and sports, but also helps to form a sense of trust and mentorship with local law enforcement and emergency management personnel.

