Coleridge Elementary hosts health fair, grand opening for walking path

By Micki Bare
mbare@courier-tribune.com
@MickiBareCT

**COLE RIDGE** — The Coleridge Elementary School Parent Teacher Organization (PTO) celebrated the official opening of the school’s new walking path with a ribbon-cutting, walkathon and health fair on Friday.

The PTO has taken a great deal of pride in supporting an educational environment that fosters all facets of student development, according to PTO President Crystal Wright. An important part of this development is the physical well-being of children, so efforts have been made to improve the overall fitness program at Coleridge School.

“When the staff learned of the grant opportunity offered through Randolph Hospital Community Health Foundation, we applied for grant funds that would support a walking path,” Wright said. “Construction of a walking path would provide an additional element for physical conditioning not only for students, but for the members of the community.”

After learning that Coleridge School had been awarded a Challenge Grant for the walking path, plans were developed to raise matching funds. Donations from Randolph Communications and Riverside Investment Properties, along with funds raised by the Coleridge PTO, were used to match the grant.

“I have to mention all the parents, students and community of Coleridge who were also contributors,” Principal Jo Glidewell said. “This is one of the most awesome schools in Randolph County. We are very blessed to have a terrific staff, PTO, parents, students and community.”

The walking path was installed December 2015 and students have been enjoying it since the spring of 2016. The path is a one-sixteenth-mile concrete loop located near the playground.

“As a Parent Teacher Organization and school we thought it would be a great idea to hold a ribbon cutting on Friday, April 21, 2017, at 10 a.m. and host our first walkathon,” Wright said. “We have invited the contributors who were such an integral part of making the...
PLAYGROUND FACE LIFT — New benches and a sign were installed near the walking path.

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walking path possible to be a part of our event.”

The event, which was dubbed “Unleashing your Super Powers through Health and Fitness,” incorporated three goals. In addition to officially celebrating the new walking path, the event was designed to help promote healthy living among students and the community as well as raise funds for the school.

“We felt like the event would help raise the student’s awareness about the importance of taking care of their bodies inside and out while they are young,” Wright said. “Forming good habits when you are young will grow with you through adulthood.”

Students, staff and PTO members were encouraged to dress up in superhero attire. Students took turns walking 16 laps for a full mile and then rotating through the health and wellness stations.

The stations included:
- Dental care, manned by Montgomery Community College dental assistant students, Program Head Lori McAllister and Lechelle Smith of Royal Oak Dental Group.
- The human body and hand-washing stations, both of which were manned by the Eastern Randolph High School Allied Health students and instructor Natalie Po.
- Exercise, manned by Coleridge physical education teacher, Mr. Parham.
- Yoga, headed by Dana Antonio, YMCA yoga instructor.
- Sugar education and safety in the sun stations, both provided by the PTO.
- A food and nutrition station with Randolph County nutrition professionals Kelly Green and Jayme Robertson.

The walkathon segment provided students the opportunity to raise money. Students secured sponsors to walk a full mile. The money raised will help the school purchase electronics, such as netbooks, and other materials for students.