



## Volunteers Get Kids Moving!

### Cedar Island Elementary School ran its second annual

'Got Spring?' Campaign with the help of lots of dedicated volunteers. Students were invited to walk a ¼ mile route at recess – earning a toe token (plastic charm on a chain) for every 2 laps walked. Volunteers recorded laps, cheered students on, and made sure that everyone got the tokens they earned.

The 'Got Spring?' Campaign was initiated last year at Cedar Island as a way to encourage physical activity. The walk at recess provides an activity for those who may not, otherwise, have spent their recess in active play. The benefits of physical activity are tremendous. According to Lisa Getchell, nurse at Cedar Island, "Exercise is vital to learning because it helps increase circulation within the body, including the brain which helps students' level of

alertness. It also causes the body to release endorphins which gives students a sense of well being and boost in energy. It helps strengthen muscles and burns calories; even while sitting at their desks doing school work! And...it's just plain fun when it's a beautiful spring day!"

#### Volunteers made this event possible.

They were on hand to encourage walkers, tallied laps walked, counted out and delivered tokens. More than 20 volunteers worked shifts during the walk. Their dedication (even on days when the weather was not ideal) and enthusiasm were a key element to the walk's success.

Almost 80% of Cedar Island's student population participated in the recess walk, over the course of 5 weeks, logging an impressive 1134 miles! Nurse Lisa would like to say "Congratulations

to all the students! The walking and exercise helped everyone wake up and get their bodies ready for a full day of learning at school. Hopefully, this is the start to a safe and healthy summer filled with plenty of exercise."

For more information about volunteering at:

**Cedar Island Elementary**

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Volunteers put the **UNITY** in CommUNITY!



### ISD 279 - Osseo Area Schools Volunteer Program

Our mission is to build community, support student success and inspire people to excel by encouraging parent, student, and community involvement through meaningful volunteer work in our schools.

<http://www.district279.org/general/DistrictVolunteers>