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Students learn how much sugar and fat is in the food they eat during a Health Fair Friday at Silver Springs High School in Grass Valley.

Silver Springs High hosts day-long health fair

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Students at Silver Springs High School learned about everything from nutritious cooking to self-defense at a day-long health fair Friday.

The event consisted of six break-out sessions, a healthy buffet lunch, and outdoor activities.

Each student received a passport to be stamped by

event organizers, and students submitted completed passports for a grand prize drawing at the end of the day.

Raffle prizes were donated by more than a dozen local businesses.

The 30-minute morning sessions included drug and alcohol prevention, yoga, healthy relationships, martial arts, hula hooping, strength training, and youth empowerment.

The afternoon activities featured experiential booths, healing massage, nutritious food samples, tobacco prevention, and Ayurveda.

The event was organized by Jen Winders, health educator with the Nevada County Public Health and Social Services Departments' Nutrition Program.

"Wellness and an individual's level of coping, coupled with a healthier environment, create more success and progress in school. They also contribute to overall mental health," Winders said.

Winders tapped into local organizations such as DVSAC, Aikido'Ka,

NEO, the Foothill Flyers acrobatic-yoga, and CORR, which offered more than two dozen volunteers for the Health Fair.

"I learned a lot about the dangers of too much sugar, and how much sugar is contained in the things I eat," said Shoshana Huayllas, a junior. "I also really liked the cooking class, seeing how to make a salad without typical salad ingredients. And the session about relationships opened my eyes to how some other students may feel even when they don't show those emotions."

"This is the second year we've hosted a health fair," said Principal Marty Mathiesen. "It's important for our students — who face challenges in both their personal and academic lives — to hear today's message of physical, emotional, and mental health. Through events such as this, our students see that we acknowledge their challenges and they know we are always here to help them."

*Kudos to our community!
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