

Garcia Middle School had an assembly on January 22nd as the official “kick off” for Phase II of the FuelUptoPlay60 student wellness program the school is participating in. Retired NFL player Barry Minter, Chicago Bears, was the guest speaker. The purpose of the FuelUp contest is to encourage students to get 60 minutes of physical activity per day, and to include in their diet nutritious foods such as low-fat dairy, whole grains, fruits and vegetables. The Program Advisor for the contest is school nurse, Nellie Hartsell. GMS 6th grader, William, placed #1 in Texas for Phase I of the contest, in the individual category. He accumulated more points than any other contestant by exercising 60 minutes per day and including nutritious foods in his daily diet. Nancy Cramer, Program Director for School Marketing and Nutrition/Dairy Max, presented the award to William at the assembly. Garcia will participate in Phase 2 of the contest which begins February 1st.

Individuals in the pictures: Retired NFL player Barry Minter; Principal Chris Morgan; Nancy Cramer/Dairy Max, School Nurse Nellie Hartsell and 6th grade student, William.

