

- Family Fitness
- Focus on Health
- Enjoy local events to be active and healthy.

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# WCSD Activities

FALL 2017

## Family Fitness

Watson Chapel School District is dedicated to promoting healthy lifestyles for students, staff and our community.

Physical activity can:

- Improve energy levels
- Improve weight loss and weight control
- Decrease risk of heart disease, high blood pressure, type 2 diabetes, colon cancer and osteoporosis
- Decrease stress and tension
- Decrease feeling of anxiety and depression
- Improve self-image.

Studies show that the best way to encourage your child to be physically fit and make healthy diet choices is by setting a good example.



**Engaging as a family physical activities can help everyone stay in shape.**

Focusing on Health:

- Focus on healthy activities, not just weight.
- Involve the whole family.
- Choose healthy items to be strong, fit and healthy.
- Everyone involved in your child's care should be involved in promoting a healthy lifestyle.
- Playing games, running, biking are all fun ways to engage the family in fun physical activities.

## Jefferson County 5th Annual 5K Run/Walk/Dance

This annual event is well received in the community. It supports the Jefferson County 5K/Run/Walk/Dance to end childhood obesity. This year's dance theme is line dance.

Registration opens at 7:00 a.m. at the amphitheater. The route will start at the Regional Park—Amphitheater and a shuttle is available to return participants to the amphitheater. Activities also include:

- Free Health Screenings
- Farmer's Market
- Cooking Demos
- One Mile Challenge for Kids
- Face Painting
- Yoga for Kids
- Hoola Hoop and Double Dutch Contest.
- 6th Annual Sweet Potato Pie Bake-Off begins at 10 am.

Register: [Facebook.com/JCRunwalkdance](https://www.facebook.com/JCRunwalkdance)

Admission:

Registration Fee 20.00

For more information:

870-536-0920 or

[saracenlanding@att.net](mailto:saracenlanding@att.net)

## Free Bike Rodeo: Sept. 30th

Come on out and enjoy a free bike rodeo at the Pines Mall (backside parking lot).

Learn bicycle safety skills

Must know how to ride a bike

Must wear a helmet

BYO helmet or one will be provided

BYO bike or one will be provided

Parental consent required during registration

For more information:

Call  
870-730-2967

Event date and time:

Saturday, September 30

9:00 am—12:00 pm

Pines Mall (backside parking lot)

## Marksmanship Challenge:

September 23, 2017

Marksmanship Challenge at the Delta Rivers Nature Center:

The five events of the challenge include Laser Shot, Baitcasting, BB guns, 3-D archery, and National Archery in the Schools Program style archery. Top scorers will receive a prize in each of the 4 classes: Grades 1-3, 4-6, 7-9, & 10-12. Grades 1-3 will only

compete in NASP-style archery, BB guns, and Baitcasting. Top scorers and prizes will be announced at 12:30. We'll be serving free hot dogs too!

Governor Mike Huckabee  
Delta Rivers Nature Center  
1400 Black Dog Drive, Pine Bluff, AR

For more information, please

contact the Governor Mike Huckabee Delta Rivers Nature Center at 870-535-0011 .

[www.deltarivers.com](http://www.deltarivers.com)

## Family Fun Days at Arts & Science Center

October 14, 2017: Moving Making

November 11, 2017—How People Make Things exhibit and Delta Rivers Nature Center: Autumn Animals of the Bayou.

December 9, 2017—Textile and Technology

For more information, go to [www.asc701.org](http://www.asc701.org)