



**FOR IMMEDIATE RELEASE ---**

Contact: Davida Sims  
Director of Development  
(702) 515-8203

## **PROMOTING HEALTHY HABITS FROM AN EARLY AGE**

*October 29, Las Vegas* ---According to a 2009 report by Trust for America's Health, Nevada currently ranks 11th in the nation for overweight youths, ages 10-17. Ensuring that children understand healthy lifestyle choices from an early age is essential to win the battle over the growing epidemic of obesity. Although President Obama recently proposed increasing the Child Nutrition Act programs by one billion dollars, offering high quality and nutritious meals to students is an expensive and difficult choice for many schools. With the governmental agricultural subsidies given to beef, chicken, potato and dairy producers, school lunches tend to be high in fat, preservatives and sugar, and low in fresh vegetables and fruits. For many schools, offering a healthier fare is simply not an option.

Although it can be expensive, The Adelson Educational Campus considers being health conscious crucial to its mission. The school acts on this by looking at health holistically. There are physical education classes 3-4 days a week, utilizing the school's indoor and outdoor facilities, including an indoor track, swimming pool and gymnasium as well as outdoor fields, tennis courts and playgrounds. Additionally, as part of tuition, The Adelson Educational Campus provides fresh and healthy snacks and hot lunches for all of its students and staff. A sample day's menu may include pretzels and apples for snack, and salmon cakes, fresh mixed vegetables and sweet potato fries for lunch. Also, instead of offering desserts on a regular basis, the school provides cake once a month to celebrate all of the month's birthdays. Since the school keeps a kosher facility, offering their own cake allows students to celebrate, while avoiding processed treats. Getting parents involved is also important to building lifelong healthy habits. Not only are parents exposing their children to healthy foods that they might not try at home, but parents get involved in exercise as well, including, parent-student boot camps, family swim days and water aerobics classes for parents.

Awareness is an important factor in keeping a healthy lifestyle. With all of the mixed messages in today's media, many children and parents don't know what are and are not

legitimately healthy foods and serving sizes. Through BrainPOP®, an animated educational website for children, teachers and coaches at The Adelson Educational Campus work with children to broaden their understanding of diet and exercise and its effects on your performance and how you feel. Additionally, each March, during National Nutrition Month, children do fun activities and are visited by engaging speakers that again reinforce the important health lessons they have learned throughout the year.

Ultimately, the goal of educators is to ensure that the leaders of tomorrow are as physically able to handle the challenges of life as they are academically, mentally and emotionally.

#### *About The Adelson Educational Campus*

The goal of The Adelson Educational Campus is to instruct and inspire new generations of students who will draw strength from our rich Jewish heritage, use their knowledge, values and vision to fulfill their own potential, and build a better world.

The Dr. Miriam and Sheldon G. Adelson Educational Campus is the only Pre-K (starting at 18 months) to 12th grade Jewish school in Nevada. The lower school consists of Pre-K through grade 4 at The Milton I. Schwartz Hebrew Academy; grades 5 through 8 make up The Adelson Middle School and The Adelson Upper School consists of grades 9 through 12. The Dr. Miriam and Sheldon G. Adelson Educational Campus is committed to being a drug-free school.

The Adelson Educational Campus is located at 9700 West Hillpointe Road. For more information, call (702) 255-4500 or visit [www.adelsoncampus.org](http://www.adelsoncampus.org).