

## Herbel, Loretta

---

**From:** owner-ndsusbare@listserv.nodak.edu on behalf of Klapperich, Cynthia  
<cindy.klapperich@ndsus.edu>  
**Sent:** Friday, December 01, 2017 11:01 AM  
**To:** ndsusbare@ndsus.edu  
**Subject:** Extension Education  
**Attachments:** Billie 11.28.17 001.jpg; Faith 11.28.17 001.jpg; Pam 11.28.17 001.jpg

Good morning, members of SBARE!

Earlier this week, Sargent county second grade students in Gwinner, Milnor, and Forman participated in the last session of a five-week wellness education program that I led for them. With the slogan, "eat smart, play hard," the program is called On the Move to Better Health Junior.

On the Move to Better Health Junior is a literacy-based program designed to increase student awareness and knowledge of the role dairy foods, fruits, vegetables, whole grains, and protein play in leading a healthy lifestyle, and encourage them to choose those foods at meals and as snacks. The program's message, "eat smart, play hard," is one that children easily embrace. Parents have the opportunity to benefit from the program as well by reading the weekly "On the Move to Better Health Junior" newsletter that is sent home with their second grade child.

Teacher comments about the program have been very favorable. I have attached them for your reference.

Best wishes for a pleasant day!

*Cindy*

Cindy Klapperich  
Extension Agent  
NORTH DAKOTA STATE UNIVERSITY

NDSU Extension | Sargent County  
Courthouse, Suite 5  
355 Main Street  
Forman, ND 58032  
phone: 701.724.3355 ext 130  
fax: 701.724.3362

[cindy.klapperich@ndsus.edu](mailto:cindy.klapperich@ndsus.edu)

The students really looked forward to having Cindy come in on Tuesday afternoons! They were curious about the new foods they would try. At lunch time, they would make an effort to try new foods, and add fruits and veggies to their trays. I think this program is very beneficial to students and their families! 😊

Teacher  
Grade 2 - Sargent County  
11-28-17

Mrs. Klapperich does an outstanding job with this program! It is so valuable! The lessons are informative, engaging and important. My students look forward to her visits and really try to achieve their goals each week for eating the right amounts from the food groups. I'm so impressed with the presentations and sincerely hope this program will continue to be offered. I give it an A+!

Thank you,  
Mrs. Gabel

Grade 2 Teacher - Milnor  
Sargent County

I truly enjoyed having the Eat Smart. Play Hard. Program in my class! The students always looked forward for Tuesday morning when Mrs. Klapperich was coming. The students liked trying the new foods and would come to me and tell me if they ever tried a new food. The program made the students more aware of what they were eating and what is in their food. I would love to have the program in my class again and would recommend the program to other teachers and classrooms!

Thank you!

Teacher - Grade 2  
Sargent County  
11-28-17