

Josiah Quincy Elementary School Principal: Simon Ho

With a grant from *Fuel Up To Play 60*, the Josiah Quincy Elementary School is reaching out to appeal to its students' taste buds! At breakfast the school hosts a fruit and vegetable tasting, exposing the students to foods many of them have never tried before. Avocados, coconut, and blood oranges are just a few of the items that have been tried. "The students love this, and we hope they bring this information home," says Principal Simon Ho.



Strong partnerships have strengthened the health and wellness initiatives at Quincy Elementary. A local pediatrician from the South Cove Health Center teaches health and nutrition once a week to the second graders; a life guard teaches the fifth graders once a week on the basics of how to swim and float; dietetics interns from Tufts Medical Center teach nutrition to the fourth and fifth graders; and Tufts Dental School students provide free exams and cleanings for students. The school has done a remarkable job at leveraging the abundance of community partners in the area to collaborate with and improve the school's health and wellness program.



Parents are engaged in the school's efforts as well, and write a *Health Watch Newsletter* to share tips with families, encourage the use of bike helmets for adults as well as children, and provide advice on healthful eating, safety and physical activity.

