

## **School News** 📰

### **Students use health lesson to help feed others**

December 16, 2009 - Lindbergh High School Academy health students recently used a teaching opportunity at Truman Elementary School to help youngsters in need during the holiday season, according to a district news release. The students developed activities for Truman related to the MyPyramid nutrition plan and taught eight classes at the school. The U.S. Department of Agriculture's MyPyramid Plan stresses the importance of physical activity and nutrition. Following the lesson, each elementary school group developed one day's worth of meals based on the MyPyramid Plan, and the high schoolers delivered those meals to Angels' Arms. Angels' Arms is a foster home in the Lindbergh district that keeps brothers and sisters together within the home until a forever home is found. The home currently is comprised of nine family members.

"Together, our Lindbergh students developed close to three weeks' worth of nutritious meals for children living at Angels' Arms," Lindbergh High School teacher **Sean Erwin** stated in the news release. "This activity gave our elementary and high school students an opportunity to use their health curriculum knowledge and apply it in a meaningful way to help others in our community."

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