



Mustang Musings

MORRIS CENTRAL SCHOOL NEWSLETTER



"Being challenged in life is inevitable, being defeated is optional."

—Roger Crawford

March/April 2023

THREE CHEERS TO ...

- ★ All-County Musicians *Jessica Walling, Levi Waffle, Aaron Pondolfino, and Rachel Hill.*
- ★ *Zeithan Dunham* who spontaneously volunteered to take some great photos of basketball games for the yearbook.
- ★ Yearbook students for meeting their first two deadlines.
- ★ The community for all your support at basketball games!
- ★ *Reed Wolfe* for helping a student catch up on classwork during midterms after that student had been absent a few days.
- ★ Welcome back to Ms. Hazen! We have missed you SO MUCH!
- ★ To all the coworkers, subs, and coaches that stepped up to help Ms. Deysenroth when she was out of school.
- ★ Mrs. Kane went through the process of having her Algebra 2 class approved as a dual enrollment college course. Students will now have the option to complete the course with both Regents credit and three credits of MATH 120. Did you know MCS offers over 40 college credits to our students?
- ★ Mrs. Harrington is always fielding relentless questions and is not afraid to look for answers. Her growing expertise in the financial side of how schools work is greatly appreciated!
- ★ Mr. Thom for using his expertise and creativity to make our school technologically advanced. From ordering, installing, and supporting a wide range of devices to help all staff stay at the top of their games to helping faculty and staff navigate the ever advancing technology tools in our district, Mr. Thom makes technological change and growth easy.
- ★ Mrs. Forgit leads her classroom through everything from stations to a walk back from the cafeteria with a continually level head. She demonstrates kindness and gives endless reminders as her students slowly learn what it means to be an MCS learner!
- ★ Whether a student needs ice, insulin, a change of clothes, snow pants, a temperature check, or a million other health and wellness-related needs met, Ms. Baker is routinely here to help. Her organization and adherence to safety go a long way in keeping things running smoothly.

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ATHLETIC DIRECTOR OF THE YEAR

Mr. Iannelli was elected as the Athletic Director of the Year for Section IV. This has been a huge accomplishment for him. He said, "This award has been an honor and humbling because my colleagues in Section IV nominated me for this award." Mr. Iannelli has done a phenomenal job being the Athletic Director at Morris Central School. From scheduling games or finding referees, he has done a remarkable job at keeping everything organized for the players and coaches. Mr. Iannelli said, "My best memories are when student-athletes graduate or come back from college and they say thank you for being there for them. That is so fulfilling as an educator."



—Rachel Hill, Junior

Morris Central School Board Members

- Mary Dugan, President
- Russell Tilley, Vice President
- Emily Boss
- Wendy Moore

Teresa DeLaurentiis

Morris Central School Administration

- Mrs. Jamie Maistros, Superintendent
- Brian Breck, Principal

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SECTION IV TRI-VALLEY LEAGUE HALL OF FAME INDUCTEE:

Coach Rhoda Flint

Congratulations to Coach Flint on her induction into the Tri-Valley Hall of Fame. She was nominated for her long time service as a coach in Morris Central School. Mrs. Flint currently coaches Varsity Girls Basketball and Soccer and has led many teams to sectionals in both sports as well as Tri-Valley League Champions several times in both sports over the years, including a Section IV Class D Title in soccer.



PRE-KINDERGARTEN REGISTRATION

We are now accepting applications for our Pre-K class for the 2023-2024 school year. To be eligible, your child must be four years old prior to December 1, 2023, and live in the Morris Central School District. Please be advised that the class is limited to 21 students and is filled on a first come, first served basis. If you would like information on how to register your child, please contact Elaine Parker in the Guidance Office at 263-6116 by March 31, 2023.



LIKE US ON
FACEBOOK!

DIGITAL NEWSLETTER

Going green by making the newsletter digital certainly helped save money for the district, and it was good for the environment. The District will continue this practice this year as well. You may access the newsletter under the "Newsletter" tab on the District web page. You may also access the calendar on-line under "Calendar of Events" and in the Athletics tab.

If you do not have computer access and/or would like a hard copy of the newsletter sent directly to you, please call the School's District Office at (607) 263-6102 to request a copy be mailed to you.

Thank you for your understanding and support in this matter.

THREE CHEERS TO . . . *continued*

- * Mrs. Sherwood, our occupational therapist, was recently spotted bringing in games from home to add to her toolbox at work. Thank you for thinking of us and of student needs!
- * Our mechanic, Mr. Abrams, for working to keep costs down at the bus garage and doing ample research for affordable solutions!
- * Mrs. Bolton's warm classroom management and Mrs. Briguglio's flawless routines are both admirable.
- * On the day of our early dismissal, a bus was temporarily stuck on a slick road. Mr. Goodspeed was as calm as could be on the radio, waited patiently for the town crew to bring a sander, and then continued on his way. Thank you to our entire transportation department for navigating these hills in all sorts of weather! Additionally, thank you to Mrs. Galbreth who, on top of working in the building all day, was riding the bus as an aide when it was stuck and didn't let it ruffle a single feather. Impressive!
- * Ms. Maraglio is Morris' rendition of Mr. Rogers. Whether she is helping with centers in Mrs. Burch's room or walking a student down the hall, she exudes kindness in a way that benefits all those around her.
- * Mrs. Catella and the team for their work on scheduling (and rescheduling, and rescheduling again) midterms!
- * Ms. Rhone's dedication to building systems where all learners can succeed is admirable!
- * Welcome to Ms. Thorsland who joins us as a new fifth-grade teacher! She has jumped into MCS mid-year and is already building relationships and making academic progress with our learners.
- * Mr. Breck has done an exceptional job keeping up with observations. As a new administrator, finding enough hours in the day can easily become a challenging task. His ability to manage his time is appreciated!
- * Special education teacher Ms. Lawton for working hard to acclimate herself to our school and prepare for students over the holiday break.
- * Ms. Marino has gone above and beyond to make learning accessible for students.
- * Ms. Shirley can often be found vacuuming our lobby area after school. She always goes out of her way to say hello to everyone. At the end of a long day, her collegial nature is greatly appreciated.
- * Ms. Callea who is always making activities that are engaging for her students! Her students have held elections, hunted for gingerbread, taken plane rides, and more!
- * Mr. Manchester, Mrs. Bolton, and Mrs. Vunk organized the hygiene drive and collected more than 800 items. This dedication to serving students, both in and out of the classroom, is a perfect example of what it means to be a Morris Mustang.
- * Our senior citizen luncheon is really something! Mrs. Walling, Ms. Foerster, Ms. Valentine, Ms. Weisenbarger, Ms. Rehrmann, and Ms. Rowe really outdid themselves. Thank you as well to those who assisted!
- * Ms. Wisniewski recently moved into a new role with one of our early learners and is doing an excellent job building a relationship and helping model acceptable behavior.
- * Students in Mr. Packard's class made soap, sleds, and tree ornaments for the Senior Citizen Brunch. Thank you!
- * Each day, Ms. Rozanski carries a tray full of lunches down to students in Mrs. Burch's room. While the task itself is impressive, her joy and positive spirit while completing this process are the real gold.
- * All MCS musicians as well as Ms. Smith and Mrs. Perkosky lead a wonderful winter concert in their debut with the MCS music department. A special thank you is due, as well, to Mrs. Ernst for supervising Ms. Smith's student teaching this fall and helping the choirs come to life!
- * Never flustered and always reliable, Mr. Utter leads by example when it comes to knowing your job and having an exceptional work ethic.
- * Mrs. Marino's contagious enthusiasm for the quilt she is helping students make in CROP.
- * To the cafeteria staff for loving PreK students and giving them extra joy everyday during breakfast and lunch!
- * Mr. Tol and Mr. Utter for all their help with moving, building, hanging and improving the set pieces for "The Addams Family" musical so far! We appreciate all your hard work.
- * To all the wonderful aides in Mrs. Bolton's class. They are always willing to help and go the extra mile to help students on a daily basis. They are AWESOME!



CONGRATULATIONS!

The following students were accepted into college*:

Joshua Benjamin: **SUNY Polytechnic**, Russell Sage, Keuka College, Arcadia

Jon Child: Culinary Institute of America, SUNY ESF, SUNY Cobleskill, Delhi Tech, Paul Smith's

Hannah Swayer: **Nazareth College**, LeMoyne, Keuka, SUNY Oneonta, St. John Fisher, SUNY Geneseo

Lincoln Waffle: **Hartwick College**, SUNY Cobleskill, Paul Smith's, SUNY Oneonta, SUNY Cortland

Carissa Richards: SUNY Polytechnic, SUNY Geneseo, SUNY Buffalo

Thomas Aaron Pondolfino: SUNY Oneonta, SUNY Delhi

Madeline Schiller: **Hartwick College**, SUNY Oneonta, SUNY Delhi, SUNY Cobleskill

Garrett Aikins: **SUNY Cobleskill**, SUNY Delhi, Cayuga, SUNY Canton

Ethan Franklin: **SUNY Cortland**, St. John Fisher, SUNY Oneonta

Cirran Gorman: SUNY Delhi, SUNY Morrisville

Jillian Maerz: SUNY Cobleskill, SUNY Morrisville, SUNY Polytechnic

Ty McKinney: **SUNY Delhi**

Scott Murphy: **SUNY Delhi**, SUNY Cobleskill

Justine Norton: **SUNY Morrisville**, SUNY Delhi, SUNY Cobleskill

Amber Reilly: **SUNY Delhi**, SUNY Cobleskill, Finger Lakes College

Jason Strain: SUNY Oneonta, SUNY Polytechnic, University of Albany

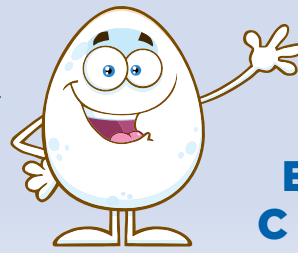
*bold is preferred choice

SHARING EXPERIENCE

On January 4, *Nate Edwards* visited 9-11 graders at MCS students to talk about his pharmacy program as well as college life.

In addition, *Mackenzie Graves* visited Mrs. Waffle's classes to talk about college life with her seniors and juniors.

It is great to have former students visiting and sharing about their experiences



EGG DROP CHALLENGE

Last week the Senior Physics Class did an Egg Drop Challenge/Lab to see which design would work better to cushion or slow down the fall of an egg from a two story building. Students could make parachutes and other things they felt would work as long as it fit in their budget. Teacher, JoAnne Fredette, added, "The activity required the students to design an egg delivery vehicle that would prevent the egg from cracking when dropped from a second story window. They were given a limited budget, amount of time, and construction materials. I was impressed by the variations in their designs and the thought that went into the construction of their vehicles. Although some eggs did not survive their falls, I feel the students had a lot of fun learning about minimizing impulse and momentum. It is always a good sign when students want to do a classroom activity again." Senior *Thomas Pondolfino* said, "We threw eggs out the window in hopes they would survive. Surprisingly, the design entirely made out of balloons was the most successful." Another class member, Senior, *JJ Benjamin*, said, "I think it was a good lab to figure out how to make things on a budget that would work to do what they're trying to accomplish." The Lab showed the class what they can do with their creative minds on a budget.

—*Joshua Benjamin*, Senior

THE NUTCRACKER

The Morris Music Department went on a field trip to see the Fokline Ballet Company production of *The Nutcracker*. The production was played at SUNY Oneonta's Goodrich Theater, and the seats were packed with spectators, many of whom were from surrounding school districts, including both Morris Central elementary and high school students. Senior, *Ethan Franklin* said, "*The Nutcracker* was a cool show to watch. I enjoyed the whole experience." There were two students from Morris who participated in the event, *Abby Connally* and *Ella Moore*. After the performance, *Ella*, who has been in this production for many years and who finally earned the starring role of Clara, said that she felt "very supported and happy when my class was able to watch me dance in the performance."



—*Lincoln Waffle*, Senior

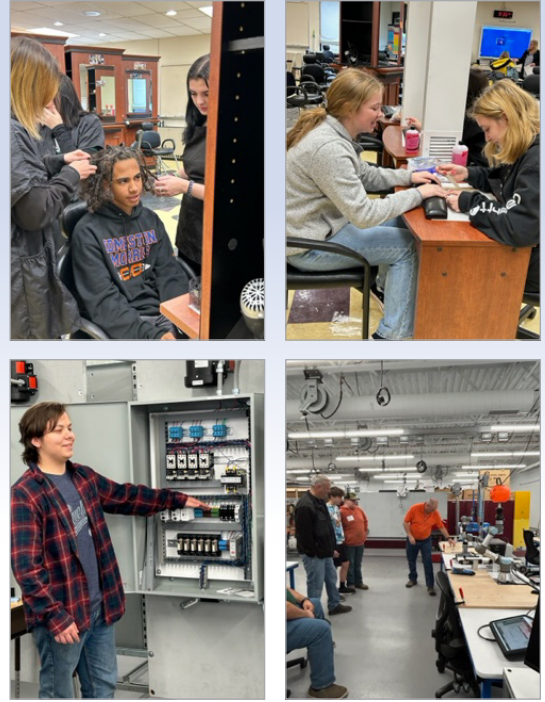
BOCES VISIT

Every year Eighth Graders visit BOCES to check out their technical programs such as Welding, Natural Resources Occupations (moving dirt and driving big trucks), Cosmetology, Culinary, Mechatronics, Building Trades, Automotive, Health Occupations and Information Technology. The eighth graders get a glimpse of what programs are available for them to participate in beginning in Eleventh Grade. Several of our current BOCES students showed off what they have learned and even had the chance to practice on students.

Ty McKinney studies Mechatronics. He said, “Mechatronics is giving students expertise to work with electronics and mechanical engineering in real world applications. It also gives students experience working with robotics. The program is focused on mechanics, electronics, motor control systems, and automation, which drive the design, operation, and maintenance of all modern complex machinery.” Ty added that these are “specialized skills you would need to work with jobs in any job field to deal with any of these applications.”

In the photo Ty “is showing the Eighth Graders about the Motor Control Simulator or MCS, for short.” His department showed how all the devices were used and in what applications.

Ty said, “The best thing I love about BOCES is working with the electronics and the wiring aspect of it. BOCES is preparing me for the future by giving me the chance to earn some of the important certifications I will need to get a job. It also gives me the much needed experience I will need to help me stand out as a job applicant.”



GLOBAL

This year, like all years, the sophomores are taking Global II which will have a Regents at the end of the year. Mr. Harmer has always described the entirety of our class as “quiet,” but they are still driven to finish the necessary work. In the first half of the year, students learned about enduring issues, the Ottoman and Mughal Empires, as well as the effects of certain events in the regions. We also have developed an understanding of the Scientific, French, Industrial, and Agricultural Revolutions which connect to the ideas of Nationalism. Mr. Harmer has developed new activities that keep the students more engaged and help them to connect and share ideas with their peers. As a current student of this class, I can say that these activities have been ideally beneficial to our class and have made it easier for us to learn the content and take in new information from our peers. As we are still working towards our goals of passing the Regents, Mr. Harmer continues to grow our knowledge on these topics, as well as find ways for the students to better connect

—Hannah Wist, Sophomore

SERVICE ABOUND

KUDOS to our incredible NHS members for all of their hard work and commitment to serving our community. With half of the school year over, our members have donated 642 service hours to many organizations within our community and beyond. They have fundraised and donated the proceeds, given back to youth programs, held a Kid’s Night In to benefit students (and hopefully caregivers) during the holidays, worked at our local library, churches, food pantries, and The Magic Closet, just to name a few. While they are selflessly doing these deeds, they are maintaining amazing grade point averages, playing sports, working, and being deeply involved in school activities. We would like to recognize them and give them a round of applause and a pat on the back. Well done! Keep up the good work!

—April Vunk, NHS Advisor



THINGS WE DO

JANUARY IS FITUARY

The elementary PE students have been rotating through fitness stations in the small gym this January.



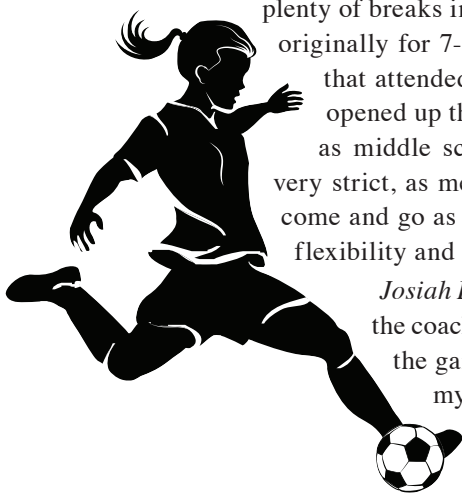
MIDDLE SCHOOL INDOOR SOCCER

This semester, Coach Fernandez, co-ed modified soccer coach, offered indoor soccer for middle schoolers who wanted to keep in shape and learn for the next soccer season, wanted to try something different, or just for students who wanted to have fun. The sessions were on Sundays, from 10 a.m. to 12 p.m.

Coach Fernandez led small drills for the students and had a scrimmage at the end of the session. The practices were relatively laid back with plenty of breaks in between drills. The program was originally for 7-8 graders, but because the groups that attended were so small, Coach Fernandez opened up the sessions to sixth graders as well as middle schoolers. These sessions were not very strict, as mentioned before, so students could come and go as they pleased. This led to schedule flexibility and varying numbers of students.

Josiah Dugan, Eighth Grader, said, "I liked the coach, my position most of the time, and the game itself. I would say it was worth my time."

—*Tatiana McAdams*, Junior



REGIONAL SPELLING BEE

Please make sure you congratulate *Hunter McAdams* and *Kendall Gould* when you see them. They both did an outstanding job representing our school at the Regional Spelling Bee in Oneonta. There were quite a few tricky words and both students made it farther than many of us would have. *Hunter* made it to round five and *Kendall* finished in third place! Not only did these students have support at the event where their teachers, families, community members, and administrators showed up, but the Morris Teachers Association donated money so we could put together a "Good Luck" goody bag for *Hunter* and *Kendall* to wish them luck and to reward their hard work. They were both students were very appreciative of the gesture.

We are so proud of *Hunter* and *Kendall*!

—*Mrs. Bjorvand*, Fifth Grade



John Gray, a parent of a Pre-Ker and First Grader, visited MCS to read to both classes. He did a fantastic job!



PRE-K EATING IN STYLE

When MCS celebrates the holidays, the PK does it in style. In honor of this being their very first MCS winter holiday meal, the cafeteria and Kathy Weisenbarger surprised the PK with the gift of a beautifully decorated table to complement their delicious meal the Monday before the holiday break.

An annual favorite with all students (and faculty and staff), the meal consisted of mashed potatoes, stuffing, turkey gravy, and cranberry sauce.



STUDYING LIGHT AND SOUND

During First Graders science unit in January, students listened to, read and discussed stories and poems about light and sound. One of the stories we read was “Me and My Shadow.” We discussed the author’s purpose which included learning how shadows are made and how shadows change during the day. Miss Callea’s class headed outside to explore their own shadows throughout the school day to determine just how their shadows changed.

STUDIO ART

This year, Ms. Collin's Studio Art class is taking the year to explore their artistic abilities using different mediums. Students have tried clay butter dishes, independent painting projects, mirror-yarn projects, Summagashi paper marbling, 3D plaster projects, and miniature clay food. Receiving a topic or goal from Ms. Collins puts the students on a track to create something personal. Artist, *Georgia Kolka* said, "My favorite project is the one where we made the little food. I made waffles, strawberries, and hot chocolate." Students chose to make their favorite foods or a snack. Many students look forward to art class each day, as they are allowed to put in their headphones and get to work. Ms. Collin's support for the students really drives them to think deeper about their work and try new things. *Levi Waffle* said, "I really enjoy art; it lets me hang out with my friends but also it just lets me let loose from the day. Ms. Collins is so fun; she gives us candy all the time, especially when we have bad days." *Levi* is only there a couple of days a week, but he makes good use of his time. Overall, students look forward to Studio Art daily and have fun getting to know themselves and others, as well as unwind

—*Hannah Wist*, Sophomore



Open House



Grace Shiller (Grade 11) "Marigold"

SMART IN ART

This month, the art students started a new project featuring a trip through the decades. They were tasked with choosing a decade that they were interested in and making a painting based on that decade. This boosted the creativity in the students and taught them about different time periods. We saw a lot of unique paintings between designs that were popular in their chosen decades, even cartoons that were big at that time. This was definitely a more time-consuming project, but it has also been one of the students' favorites.

The next project that the students will be participating in is marbling paper for the covers of books. Along with that, they will be binding their own book together to create a masterpiece of their own. *Madeline Schiller* said, "I'm really excited for this project; it's exciting being able to work with so many mediums to try and create something neat."

—*Justine Norton*, Senior



Mason (Grade 2)

Students studied artist photographer Jim Golden and created and photographed their own organized collections.



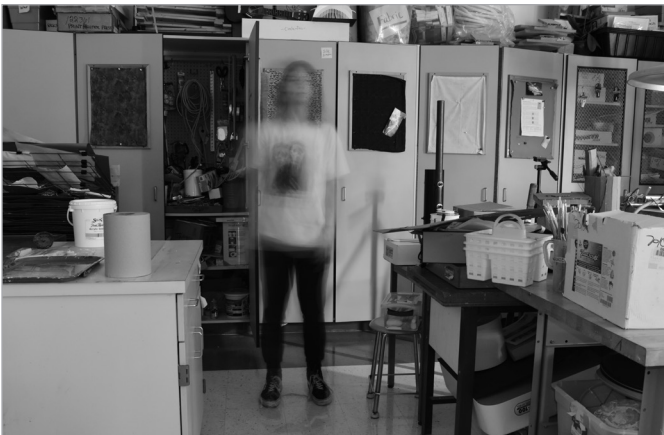
Photography
Sawyer King (Junior) Collection



Everett Pondolino (Grade11) Leading lines



Skylar Rose Feather - Framing



Zeithan Dunham (Grade10) Ben Ghost

ART

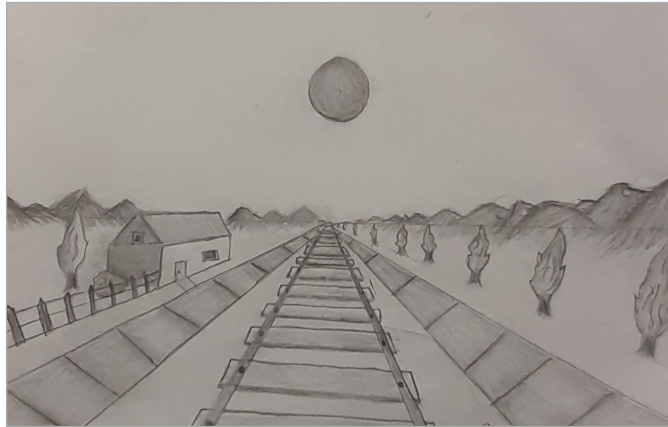
Using online photo editing software students layered photos to create the illusion of talking to themselves.



Brooke McKinney (Sophomore)
Talking to yourself.



Rachel Hill (Junior)
Talking to yourself Photopea assignment



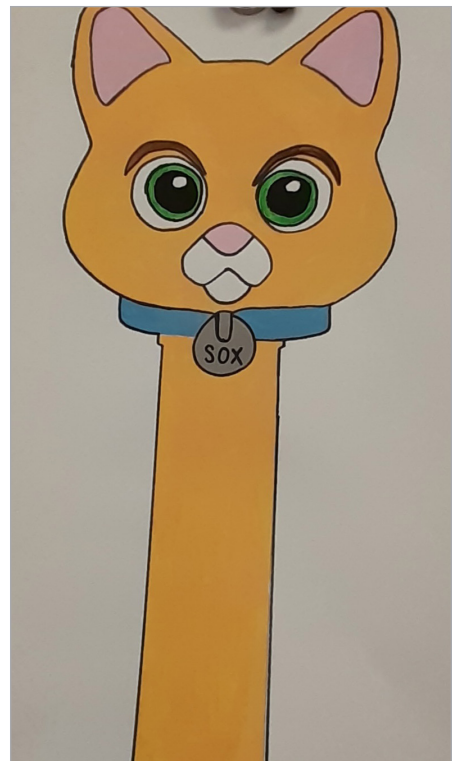
Hannah Moore (Sixth Grade)
Pencil drawing, 1 point perspective.



Kendra Smith (Fifth Grade)
Recycled paint chip mosaic



2nd Grade Fall tree paintings.



Ali Farmer (Freshman) "Sox"
Students created paintings of a favorite toy from childhood.

CROP

For the past four weeks Morris CROP students have been hard at work after-school learning about pets and animal safety. They have reached out to the Morris community asking for donations for the SPCA. They've done all the work from creating donation boxes to making dog treats and cat toys. As Activity leaders, we are beyond proud of their dedication to this project. The donations were delivered this past weekend to many animals in need. Thank you Morris CROP students for a job well done. You've made many animals very happy.

—Ms. Rachel Wisniewski, Teacher Aide



BUILDING BRIDGES JUST TO BREAK THEM DOWN

Mr. Packard's DDP class built bridges out of wood and wood glue. The object was to see whose bridge could hold the most amount of weight using the least amount of materials. It took about two weeks to plan and construct. At least one full week was used for computer-simulated testing using West Point Bridge Design. *Ella Moore*, an 8th Grader, held one of the highest weights recorded. Helping *Ella* fill the bucket in the pictures below are *Matt Schiller* and *Hayden Kolvik*. Her structure held 67.75 lbs worth of sand and barbell weights. After the destruction process was complete, *Ella* said, "I

think my bridge was pretty sturdy, and I had a lot of fun building it. I'm proud of it." *Matt Schiller*, an accomplice of *Ella's*, said, "My bridge is just like the London bridge and it fell down exactly like it. What's better is that it didn't even break really." Another 8th Grader, *Kiarra Walker* said, "I'm proud that I made it to 60 lbs, and it was really fun even though it scared me." Although *Ella's* bridge recorded the highest weight before breaking, *Savannah Coyle* and *Lainey Frazer's* bridge was built the highest.

—*Sky Feather*, Senior





YOU ARE INVITED

Students have been preparing for their upcoming Pops Concert on March 8, 2023. Their performance will be at 6:30 p.m. in the Morris Auditorium. This is a new concert idea to showcase all of our music students playing popular music! March is Music in our Schools month, and music is such an important part of everyone's lives whether you play an instrument or listen to music! Come join us for a fun-filled evening listening to songs like "We Will Rock You" by Queen and "Funkytown" showcased in the movie Shrek. We look forward to seeing you there!

—Mrs. Deanna Perkosky, Director of Bands



MCS MUSIC

SPECIAL HARTWICK VISITOR



On February 10, Dr. Andy Pease came to visit the MCS Senior Band. Dr. Pease is the Director of Instrumental Music at Hartwick College. He listened and gave feedback on selections for their upcoming Pops Concert. He was very well-received by students and seemed to really enjoy his visit. His comments were constructive and helped reinforce the work Mrs. Deanna Perkosky, MCS Band Director, has been doing.

He encouraged students to continue in a band no matter where they go to college; there will always be a place for them to continue playing music.

Dr. Pease shared information about Hartwick College and its HartLand Promise, which offers tuition and fees at a comparable rate to those charged at most NYS public four-year institutions. This special price is available to high school and transfer students in Chenango, Delaware, Herkimer, Madison, Montgomery, Oneida, Otsego, or Schoharie Counties.

For more information on the HartLand opportunity please visit their website at www.hartwick.edu.

—Mrs. Deanna Perkosky, Director of Bands



ALL-COUNTY FESTIVAL

The All-County Music Festival on February 2 and 4 featured a Jazz Choir, Junior Chorus, and Senior Band. This festival is an excellent opportunity for students to get together with other students around the county to perform music! Students practiced together for two days and then performed in a concert at the end of the festival. We had four students represent the Senior Band this year: *Rachel Hill* (flute), *Thomas Aaron Pondolfino* (trombone), *Levi Waffle* (Tuba), and *Jessica Walling* (clarinet, first chair). They did an excellent job!

There will be another performance at Cherry Valley-Springfield for the second All-County Festival. Students in Elementary Chorus, Junior Band, and Senior Chorus will perform. The following students will be participating!

Elementary Chorus: *Kristena Baringer*, *Kendall Gould*, *Aurora Kopp*, *Coraline Jensen*, *Hannah Moore*, *Kendra Smith*, and *Abigail Gates*.

Junior Band: *Boden Connally*, *Jacob Johnson*, *Matthew Schiller*, and *Lucus Waffle*.

Senior Chorus: *Maddie Coleman*, *Rachel Hill*, *Everett Pondolfino*, *Thomas Pondolfino*, and *Lincoln Waffle*.

Congrats on your auditions and being selected to participate!

—Mrs. Deanna Perkosky, Director of Bands

Morris Central School's
Musical and Drama Clubs Present



The
Addams
Family
young@part

March 17 and 18 2023

7:00 PM

Morris Central School Auditorium
Tickets \$5.00 for Students and Adults
Senior Citizens and Children 4 and under are free

Tickets available at the door and during lunchtime sales

Addams Family Young@Part is presented through special arrangement with and all authorized performance materials are supplied by Theatrical Rights Worldwide



February is
**AMERICAN
HEART
MONTH**

A TIME WHEN ALL PEOPLE CAN FOCUS ON THEIR CARDIOVASCULAR HEALTH.

One of the best ways to put a dent in the staggering statistics that surround heart disease is to increase the focus on prevention. Heart disease is the leading cause of death for both men and women, killing more than 600,000 Americans each year. Developing heart healthy habits at a young age is key to changing the tide when it comes to this life-and-death issue. The majority of heart disease cases are related to an individual's long-term diet and exercise habits, beginning at a young age.

The International Childhood Cardiovascular Cohorts Consortium Outcomes Study has shown that our health and habits as children and teens affect our health as adults. And not just our health, but how long we live.



EAT A HEALTHY DIET:

Include a rainbow of fruits and vegetables in your diet along with whole grains and lean proteins.

CHOOSE DRINKS WISELY:

There are hidden sugars in drinks.
Best beverages - water and low fat milk



MOVE MORE SIT LESS:

Children should get about 60 minutes of moderate physical activity most days of the week.
Replace sedentary behavior with active behavior as much as possible.

