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Peace Students Discuss Health and Wellness Topics

From nutrition and exercise, healthy cooking and heart health, to self-defense techniques, Queen of Peace students spent April 29 learning from area healthcare professionals about health and wellness topics.

“Health and Wellness Day is an opportunity for students to learn how the choices they are making now can affect their future health and how they can be proactive in their long-term health and wellness,” said organizer and school nurse Colleen Pospishil, RN, BSN. “Students also experienced activities they might not be familiar with such as learning yoga and stress management techniques and using fitness equipment.”

Peace’s presenters for the day included Dr. Anita Swamy, Pediatric Endocrinologist and Director of the Pediatric Diabetic Clinic at Hope Children’s Hospital, who spoke about living a healthy lifestyle as well as obesity trends in American adults; Rainbow Animal Assisted Therapy; OHANA Academy, who showcased different forms of dance; Loyola University Fitness Center employees and Loyola University medical residents; and “Fight Like a Girl”, a women’s self-defense program. Peace students also heard from motivational speakers as well as physicians regarding heart health.

The entire student body participated in a 1-mile walk around the school and a “No Texting/Distracted Driving Pledge.” Each student placed her thumbprint on a giant banner - which now hangs in one of the hallways and serves as a reminder about the dangers of distracted driving – before attending an all-school assembly featuring an Emergency Room Trauma

Specialist from Ingalls Memorial Hospital who discussed the consequences of driving while under the influence of alcohol.

Photo captions:



Peace seniors (left to right) Shamika Napier, Michelle Olvera, Erin Morrissey, Victoria Miller and Gabrielle Patten participate in outdoor activities during the school's annual Health and Wellness Day on April 29.



Peace students (left to right) Monique Cruz, Aura Lopez, Jaclyn Zamora and Delia Valeriano pledge against texting and distracted driving during Health and Wellness Day on April 29.

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