

1^{st.} Grade



Newsletter

VOL. 3 ISSUE 4
JANUARY 2025



THE UTRGV STEPS Project

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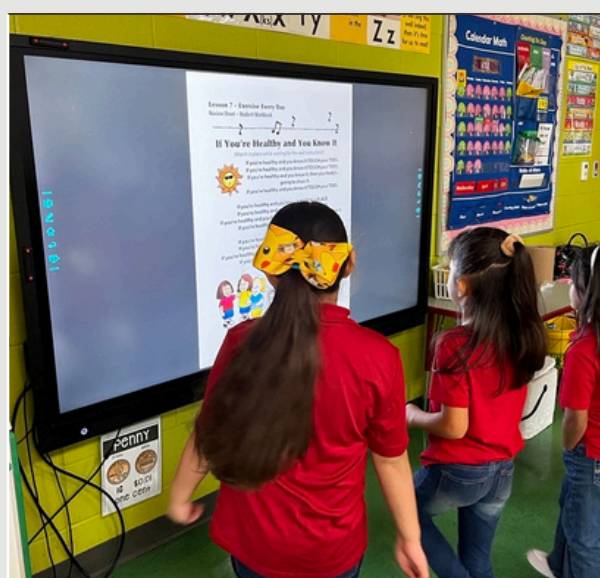
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**PSJA
&
La Joya**

Year 2 Success Stories!

Kindergarten 2023-2024





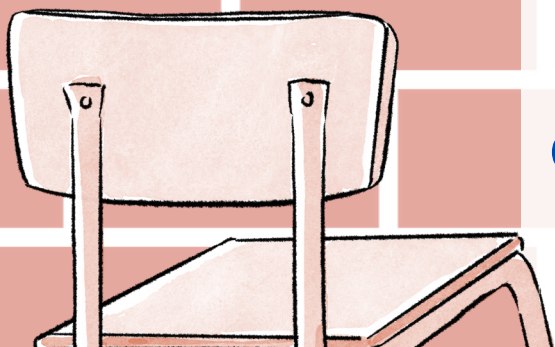
KINDERGARTEN BIENESTAR SCHOOL HEALTH PROGRAM



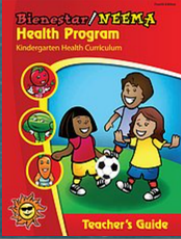
The UTRGV STEPS Project implemented the Bienestar curriculum to PSJA and La Joya ISD students for the 2023-2024 school year, engaging them in fun physical and health-related activities.



Students stayed active and built healthy habits while being encouraged to share what they learned with their families.



FROM TEACHERS' CLASSROOMS

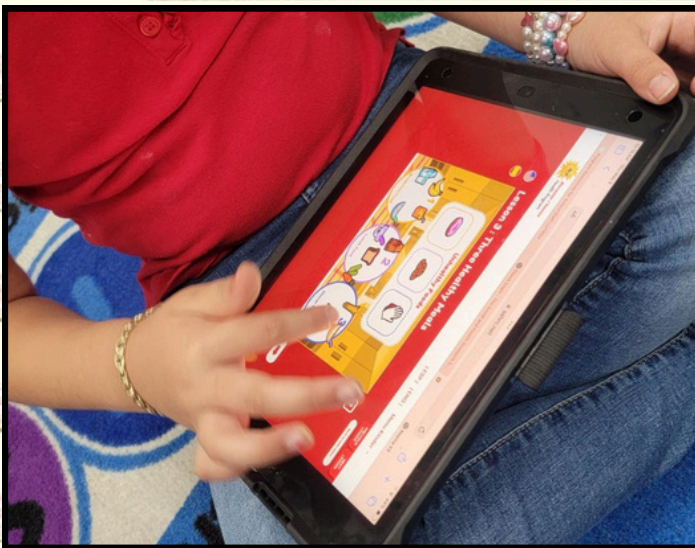
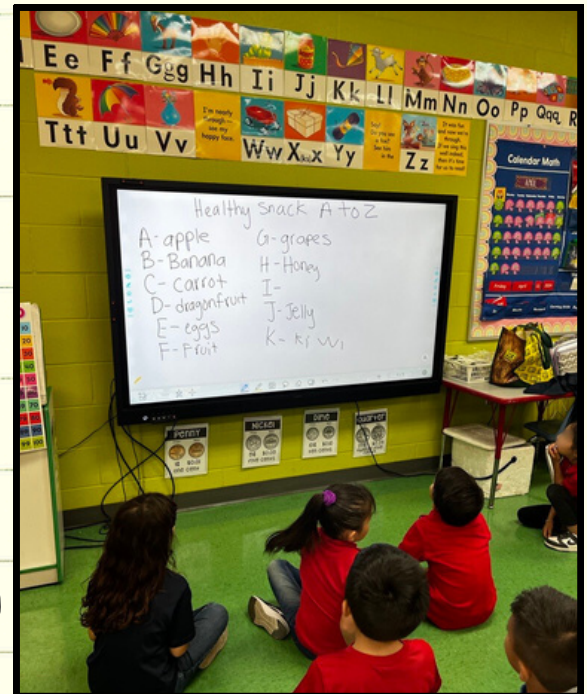


Health Class knowledge & practice

Kindergarten
Bienestar School Health program

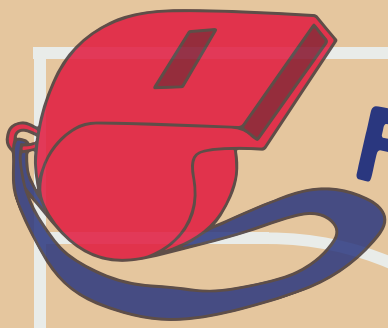
"The students really enjoyed singing and dancing –The Daily Path to Good Health –. They also had an opportunity to present their drawings on their favorite foods. (Eat 5 today, the colorful way)."

M. Hernandez, PSJA ISD
Santos Livas Elementary
Kinder Teacher Health Class

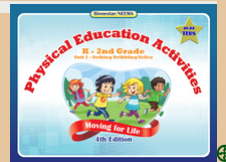


"I like using these activities for my small groups. Kids loved giving their opinion on what healthy foods they eat at home. Their favorite part was sorting the healthy foods."

E. Ozuna, La Joya ISD
Enrique Kiki Camarena Elementary
Kinder Teacher Health Class



FROM COACHES' GYMS



Kindergarten
Bienestar Moving for Life program

Physical Education

knowledge & fitness



"Children Love it!
they could play the
activities anywhere
especially when
there is no
equipment, and they
are bored."

I. Platz, PSJA ISD Vida N.
Clover Elementary Physical
Educator.



"We started on
locomotor skills
again, kids really
enjoyed it so we
will do every
lesson again."

G. Garcia, La Joya ISD
Dr. Maria Palmira
Mendiola Elementary
Physical Educator.



*The UTRGV STEPS
Project for the
2023-2024 school year
recognizes the
commitment and
dedication of the Kinder
teachers, coaches, parent
educators, and child
nutrition services
department.*

*Thank
you!*

Special Thanks to the 28 Schools participating in the UTRGV South Texas Early Prevention Studies (STEPS)



*Dr. Palmira Mendiola,
EB Reyna,
Diaz Villarreal,
Enrique Kiki Camarena,
Juan Seguin,
Narciso Cavazos,
Patricio Perez,
Emiliano Zapata,
Evangelina Garza,
Guillermo Flores,
Jose de Escandon,
Sam Fordyce,
Tabasco,
William J. Clinton.*

*Alfred Sorensen,
Amanda Garza Pena,
Cesar Chavez,
Graciela Garcia,
Marcia R. Garza,
Santos Livas,
Vida N Clover,
Aida Escobar,
Arnoldo Cantu,
Dr. William Long,
Drs. Reed & Mock,
Geraldine Palmer,
John Mckeever,
Kelly Pharr.*

1st Grade: School Year 2024-2025 Exciting Adventures Ahead!

The UTRGV STEPS team is excited to see the continued growth of the 1,100 students involved in the project. As they participate in direct health and physical education classes, they will continue to learn valuable lessons from the Bienestar school health program, including how to eat more fruits and vegetables, stay active, and prevent diseases like diabetes and heart disease.

Stay tuned for their progress, and remember to stay on the path to good health!

To Be Continued...

This issue was created by the UTRGV STEPS staff for the STEPS/SNAP-Ed project.

UTRio Grande Valley

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