

M.U.M.S. Students Host Wellness Fair

The Morris Upchurch Middle School 7th and 8th grade STARS hosted a Wellness Fair for the students, faculty, and community on Wednesday, March 30, 2011. The Wellness Fair is one component of the Texas Performance Standards Project, Lifestyles of the Fit and Famous, which students are endeavoring to complete.

Local businesses and individuals participated:

Ellington Clinic - Dr. Richard Hozdic, Patti Watson, LVN and Debra K. Hall, LVN

New Attitudes Wellness Center - Marsha Hocutt and Carol Smithers

Dietician - Rena Schaeffer

McCall Family Eyecare Clinic - Dr. Eric McCall and staff

Each student presented information on health topics that affect teens. Students viewed exhibits on healthy diets, participated in grip strength and flexibility testing, learned about effects of sugar in drinks and wearing contacts while sleeping. Teacher, Mandi Stringer, wants to express her appreciation to these local businesses for sharing their time and resources with the students at Morris Upchurch Middle School.



Back Row: McCall Family Eyecare Staff, Lauren Hozdic, Shiloh Goecke, Marsha Hocutt, Parker Hailey, Drake Hamilton, Rena Schaeffer, Dr. Richard Hozdic, Patti Watson, Debra K. Hall

Front Row: Carol Smithers, Mandi Stringer, Sarah Upchurch, Katy Holmes, Alyssa Wiley, Morgan Coats, Kyli Halford, Maggie Lee



Dr. Richard Hozdic interacts with students.



Trey Parker tests flexibility with Marsha Hocutt



Mandi Stringer aids Garrett Purtle in trying on 24 lbs of fat.



Emily Maxwell and Randi Brannan learn from Shiloh Goecke and Lauren Hozdic