

FCSD Wellness Team stays active at BCES

FALLSBURG - The Fallsburg CSD Wellness Committee has been busy this fall semester while classes are being held remotely. Under the outstanding leadership of Director of Physical Education and Athletics Suzanne Lenzian, the Committee has been meeting monthly on-line and creating an active agenda of good health and well-being events.

On Thursday, October 15, Ms. Lenzian met with eight members of the group to paint at the Pre-K and Kindergarten playground adjacent to the wing of Benjamin Cosor Elementary School (BCES) that houses these classes.

Two members, SueAnn Boyd and Bee Moser, are from Cornell Cooperative Extension (CCE). They provided stencils through funding by a grant from Creating Healthy Schools and Communities to increase outdoor physical activity. NYS Department of



CONTRIBUTED PHOTO

Bee Moser (in white) and SueAnn Boyd (in pink) from Cornell Cooperative Extension (CCE), who are Wellness Committee Members. CCE provided the stencils.

Health funds this effort.

Ms. Lenzian met SueAnn and Bee with an SUV filled with paint brushes, rollers, and paint provided by the Wellness Committee.

The event began at 12:30 PM on a very sunny and warm afternoon conducive to painting. The large plastic

stencils had creative designs with an array of playful serpents, a hopscotch game, and others to encourage skipping, jumping and running. As one of the painters said, she could envision the little children playing. The gleam in her eye was saying that she wanted to be one of those kids.

Suzanne acknowledged all the participants—Dr. Aleta Lymon, Dara Smith, Vanessa Marsilio, Veronica Serrano, Ilene Wizwer and Larry Schafman that joined SueAnn and Bee and thanked them for giving the playground “a brighter, happier, more inviting vibe.”