Greetings!

We hope this year is off to a great start! Please allow this opportunity to introduce ourselves to you. As your SC State PTA Health and Wellness Committee Co-chairs, we wish to support you and your members to promote a healthy lifestyle in your schools. Richard is a full time health teacher in Colleton County and has a degree in Health and P.E. He served as PTA president for our sons’ elementary school for five years. Stephanie has a degree in Chemistry and is a DD2 science teacher. She served with Richard as treasurer and vice president. We both have a heart for children and a passion for PTA and the wellness of families. It is our desire to serve as a resource for units in the pursuit of health and wellness goals. Please contact us to meet with your Board or membership for ideas or programs to support your wellness goals. Expect a quarterly newsletter for hints and tips to aid in the health and wellness of your families.

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The Mellott Mission
Three Goals to Put Units on a Path to Wellness

1. To promote health, wellness, and personal safety of S.C. families
2. To provide grade level specific seminars and workshops
3. To serve as a resource for PTAs to promote and support healthy lifestyles.

DID YOU KNOW?

- Only one in three children are physically active every day.
- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.
- Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, videogames, computer).
- The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.
- Nearly one-third of high school students play video or computer games for 3 or more hours on an average school day.
- Recent reports project that by 2030, half of all adults (115 million adults) in the United States will be obese. THESE ARE OUR CHILDREN!

http://www.cdc.gov/healthyschools/physicalactivity/facts.htm