

# Health Fair

## North Conejos School District

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At North Conejos School District, the Health and Wellness Committee is composed of four school counselors, two nurses, and the food services director. In planning the Health Fair, the goal was to expose students to community resources for health and wellness practices in a rural community that at times has limited access to resources. North Conejos' Healthy Kids survey results from last year indicated that students wanted to improve the culture of North Conejos schools, have more student involvement in planning activities, and increase overall student health. The Health and Wellness Committee focused on these specific areas of student well-being to implement activities and practices that benefit all students in the district.

The Health and Wellness Committee met monthly. They discussed the idea of the Health Fair in December and set the date for April so there was time to plan and make outreach to community organizations. The April date provided an opportunity to take a break from CMAS testing and also allow students to prepare for testing with new ways to physically and mentally take care of themselves. One of the committee members reached out to an Alamosa County employee who helped find organizations to include in the Health Fair.



The Health Fair took place on April 7, 2025 at Centauri High School. Fifteen community organizations and two high school wellness clubs voluntarily participated. The representatives from each organization provided interactive education on topics such as nutrition, substance use, exercise, mental health, safe driving, self-care, holistic healing, healthy decision making, and emergency health response. Students received a 'Bingo card' which they took around while visiting the booths, and got signatures to fill the health categories on their card. The goal of this activity was to motivate students to visit booths and have an educational discussion, with an incentive if they did. Students who got a 'Bingo' received a stress ball, while students who filled the entire bingo sheet got their names entered into a drawing for additional prizes. Providing this Health Fair for students is directly linked to building positive school culture because it reminds students that there is support within school and outside of school for the health or wellness challenges they are facing. There are often barriers for North Conejos students when it comes to access to health or wellness resources, and the Health Fair was able to relieve some of those.

Each attendee received an electronic evaluation form. Every participant who filled out the evaluation would be interested in coming to future events, and felt that it was a well-organized event. Some challenges that staff encountered included students arriving before all presenters were fully set up. Additionally, some presenters felt that students could have used more time at booths.

Community organizations are eager to get involved with the school. Ask around for who is interested in helping and look for resources already in the community that meet students' needs. Additionally, allow ample time to prepare.