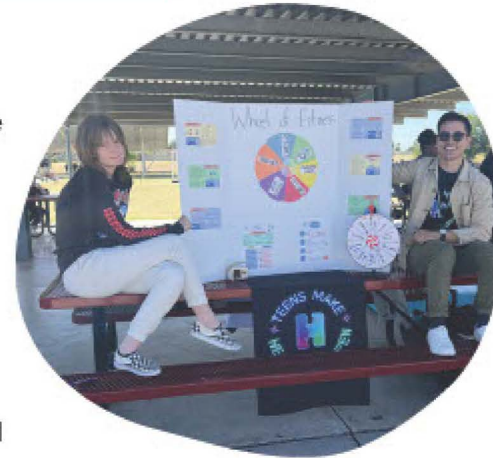


# at Magee Middle School

## FALL PROGRAMMING UPDATES

Teens Make Health Happen(TMHH) is an innovative club that empowers teens to use their passions to improve their well-being and tackle pressing community health challenges. Our trained near-peer college mentors guide and support students through the program, which engages teens in interactive health lessons, provides ongoing resources and support to bring health promoting activities to their campuses, and encourages service learning and leadership development.

This fall TMHH Club members from around the country have been learning key health messages from setting themselves up for success as they transitioned back to school, the benefits of regular physical activity, how food can be connected to mindfulness, gratitude and a connection during mealtime, and stress-coping strategies. They've taken these lessons and shared them out across their campus in innovative and creative ways, growing as teens leaders throughout the process!



*Wheel of Fitness  
Cafe O'Yea in Oct.*



**10 TMHH  
Club sessions**



**3 health  
promoting events**



**5-10  
student  
leaders**

## TMHH IN ACTION



In November, TMHH students in Mr. Rodriguez's 3rd and 4th period class put together their first health-promoting event called Food, Mood, and Gratitude Cafe O' Yea as part of the November Gather for Gratitude module.

Hosted during 7th/8th grade lunch, students who stopped by our table had an opportunity to engage in conversation and to show appreciation as well as be led through a journey of self-reflection - one that asks them to reflect on an emotion and their relationship with food.

Once arrived at their final destination called the Gratitude Garden, they wrote a note of gratitude on an apple to be including on our Gratitude Tree. These