

PUBLIC INVITED TO P-CCS REVENUE WORKSHOP EDUCATION, A4

# CANTON OBSERVER

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COMMUNITY LIFE, B8

## Canton student earns national institute recognition

Alan Sun, 16, a Canton high school student, has been recognized as a Media-Smart Youth@ Teen Leaders by the Eunice Kennedy Shriver National Institute of Child Health and Human Development.

Youth today have tremendous access to the media, which can affect their overall health, particularly as it relates to nutrition and physical activity. That's why Sun and his the Little Stars Foundation ([www.thelittlestars.org](http://www.thelittlestars.org)) are taking steps to help youth better navigate today's media landscape and understand how media can influence their choices.

Sun used the institute's free curriculum Media-Smart Youth: Eat, Think and Be Active!@ to teach young people about media, nutrition and physical activity. The first free four-week workshop was in Canton from June to July and more than 20 local kids ages 8-13 participated.



Alan Sun leads a summer workshop.

During the workshop, children analyzed media messages, read nutrition facts

labels, sampled healthy snacks, learned yoga poses and got moving during fun

action breaks. They also created videos, web pages and other media products of their own to encourage their peers to eat healthy and get active, too. The workshop concluded with a final presentation. Each student presented the knowledge they learned from the workshop through songs, dances, physical activities and group presentations.

The national institute developed Media-Smart Youth in response to studies showing a growing number of young people getting little physical activity and not enough needed daily nutrients. These factors contribute to rising rates of overweight and obesity. According to the Centers for Disease Control and Prevention, about one in three children and adolescents in the U.S. is overweight or obese.

Sun also won a 2015 Kohl's Care for Kids Scholarship as one of eight regional winners in Michigan.

"It is with incredible excitement we welcome this group of remarkable and diverse corps members," said Elisa Villanueva Beard, co-CEO of Teach For America. "They join a group of 50,000 leaders who have raised their hand to be part of ensuring every child has access to an excellent and equitable education."

Over the past 25 years, thousands of talented individuals have launched or continued careers in social justice through Teach For America. Hundreds of corps members and alumni have been honored as teachers of the year by their school, district, county or state.

### Dean's list

Kayla Eyster of Canton, a graduate of Canton High School majoring in sociology, has been named to the dean's list for the spring semester.

### Graduate

Plymouth resident Grace Elizabeth Walter graduated from Wheaton College this year with a bachelor of arts in English with teacher certification and secondary education, with a minor in theater.