

# South Carolina First Steps e-Spotlight

August 5, 2016



## Bamberg County First Steps Works Hard through the Summer to Ensure Children Enter School Healthy and Ready to Learn

*Bamberg County First Steps (BCFS) is having a busy summer filled with community events and programs to ensure children enter school healthy and ready to learn. With the support of many community members and organizations, BCFS has launched "MOMMYCISE," a summer wellness camp for mothers and their children, and will soon be holding a "First Steps Back Pack & School Supply Bash." Read on to learn more about these exciting initiatives.*

**"MOMMYCISE" Summer Wellness Camp**—During the month of June, Bamberg County First Steps sponsored the "MOMMYCISE" Summer Wellness Camp to help parents jumpstart their personal wellness, nutrition, and exercise programs at home. Facilitators at the Summer Wellness Camp were Pauletta Plowden, First Steps Executive Director, Erica Smith, First Steps Program Manager, and Linda Mintz, First Steps Parent Educator. The MOMMYCISE curriculum included the following trainings for mothers and their children: Health Assessments/Blood Pressure/BMI, Making Your Health a Priority, Talking to your Medical Provider, Healthy Ways of Eating & Living, Motivating Kids to be Healthy & Active, Seven Ways to beat Stress Fat, Fitness, Nutrition and Keeping the Weight Off.



*BCFS staff and participating "MOMMYCISE" Summer Wellness Camp mothers and children*

A total of twelve moms and five children participated in this important health and wellness program with an average weight loss of six pounds. This project was supported by Bamberg School District One and funded through grants from the Greater Savannah River Community Foundation and the Bamberg County Council Recreation Fund. Participants who completed the four week course received a rich resource bag that included a "MOMMYCISE Love Yourself, Be Inspired" tee shirt and water cup, a workout DVD tape and wellness curriculum.



**2016 First Steps Back Pack & School Supply Bash**—This Saturday, August 6, 2016 BCFS will sponsor the "2016 First Steps Back Pack & School Supply Bash" at the Bamberg Ehrhardt High School, Bamberg, S.C. from 10:00 a.m. until 1:00 p.m. BCFS recently received flagship financial community support for this event from the Wilson & Luginbill, LLC, Pro Football Player Mr. A.J. Cann and the Alpha Kappa Alpha Sorority, Inc. Eta Nu and Nu Tau Omega Chapters. Other important community donors include: Senator Bradley Hutto, Phoenix Specialty, Brooker's Hardware, Bamberg Family Practice, Sweets Autocare, Family Solutions of the Low Country and Haralson State Farm. This event will afford up to six hundred county children and their families the opportunity to learn about community resources and to receive a rich Back Pack of needed school supplies that they can utilize to start the school year.

*The Wilson & Luginbill, LLC which recently gave "Children are our future", states Executive Director Pauletta Plowden, flagship financial support for the "2016 First Steps Back Pack & School Supply Bash," with "therefore it is imperative that we support their school readiness preparedness." According to Ms. Plowden a famous quote indicates that "it is better to build strong children, than to repair broken men"! By involving Bamberg County children, families, businesses, leaders, and organizations in its work, BCFS recognizes that the whole community has an essential role to play in the growth and development of young children.*

**For more information on BCFS' "MOMMYCISE" Summer Wellness Camp and their Back Pack and School Supply Bash, please contact Executive Director Pauletta Plowden at [pplowden29042@yahoo.com](mailto:pplowden29042@yahoo.com).**