

West New York Goes Red for Women



The month of February has long been associated with both hearts and the color red. But while most people think of Valentine's Day, red hearts took on a special meaning for students and staff in West New York this February. For the first time, the entire district, staff and students alike, celebrated Go Red for Women Day on February 5th. Created by the American Heart Association, the goal of Go Red for Women Day is to raise awareness of heart disease and stroke, now the #1 killer among women.

A variety of activities across the district celebrated a commitment to heart health. All students and staff were encouraged to wear red. Food service provider Nu Way Concessionaires worked with the fitness club of PS#5 to design a heart-healthy menu which was served in all elementary school cafeterias. Nu Way staff went the extra step by wearing red shirts designed especially for the day. Classrooms were filled with heart healthy lessons throughout the day.

The West New York School District, through its School Wellness committees, raised over \$2500 from staff member contributions to be donated to the American Heart Association. Thank you to all the "big-hearted" students and staff who made Go Red for Women Day a huge success!

[Click here](#) to view photos from Go Red for Women Day