



Yearbooks and Newsletters

2009

2008 - 2009 Touro College Project Aspire Yearbook

Touro College Project Aspire

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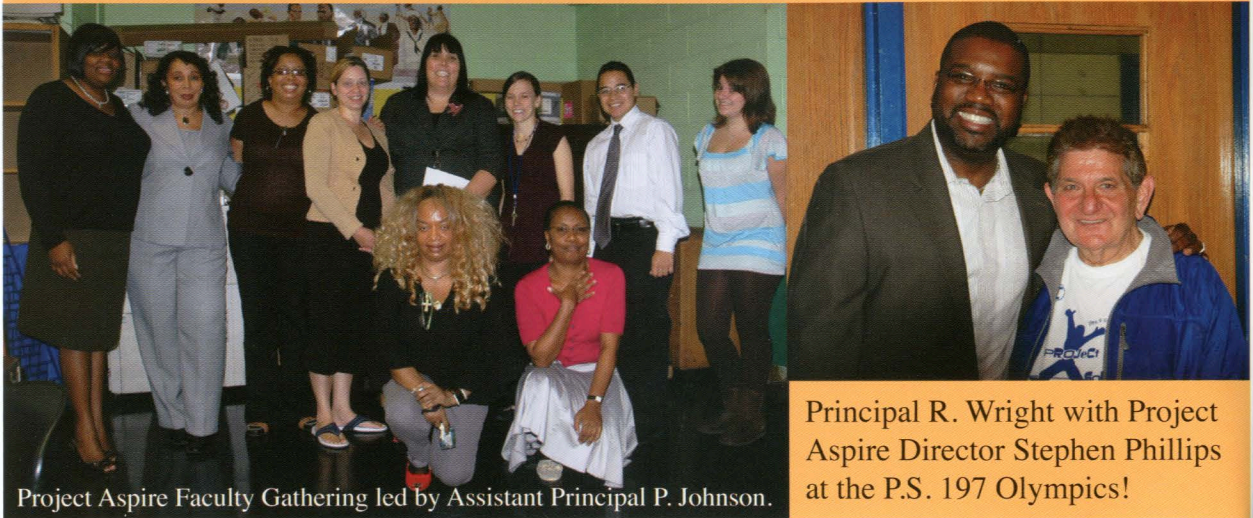


2008-2009 Yearbook
P.S. 197 Pre-Kindergarten through First Grade

yes I can! PHILOSOPHY

“Yes I Can!” means I can do it.

Project Aspire programs teach our students about the importance of exercise, nutrition, and a healthy respect for education. Project Aspire believes that with the help of their parents and teachers our students will grow up to be healthy, caring and successful “Yes I Can!” adults.



Project Aspire Faculty Gathering led by Assistant Principal P. Johnson.

Principal R. Wright with Project Aspire Director Stephen Phillips at the P.S. 197 Olympics!

yes I can! • students

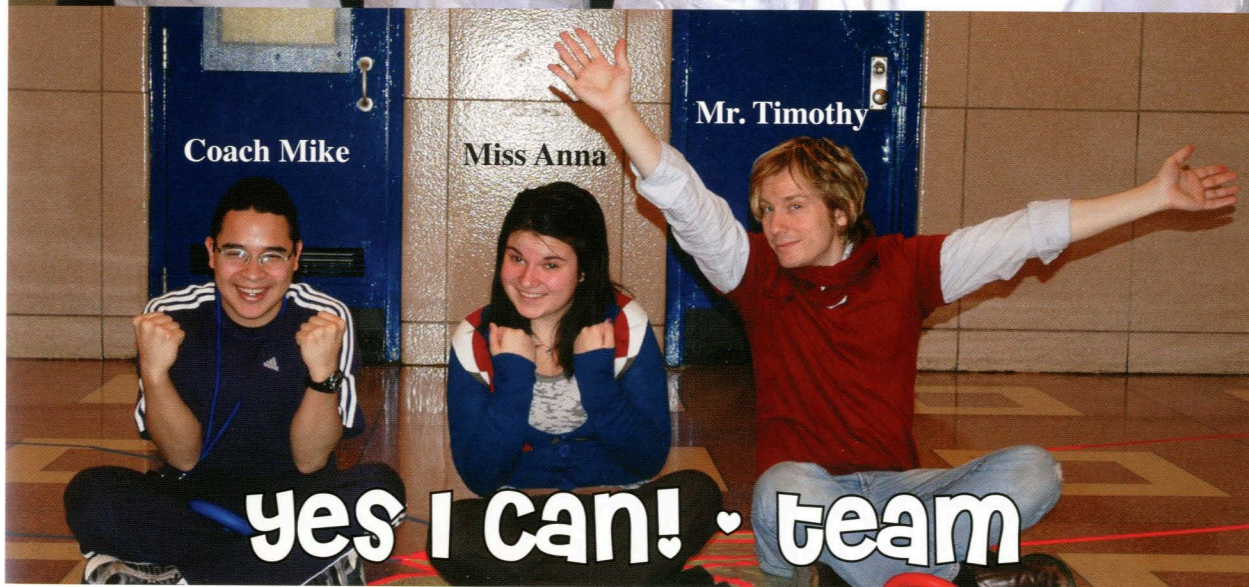


Coach Mike

Miss Anna

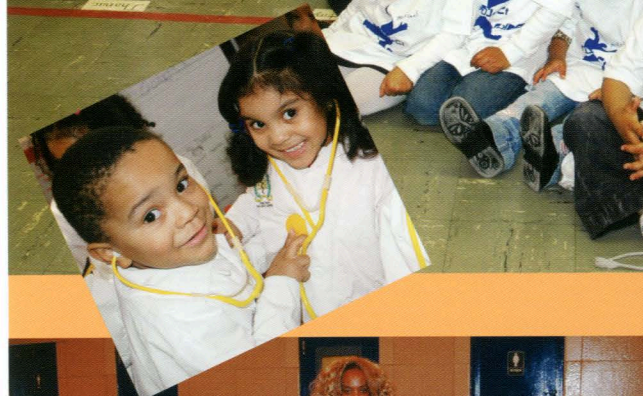
Mr. Timothy

yes I can! • team





Pre-
Kindergarten



Kindergarten

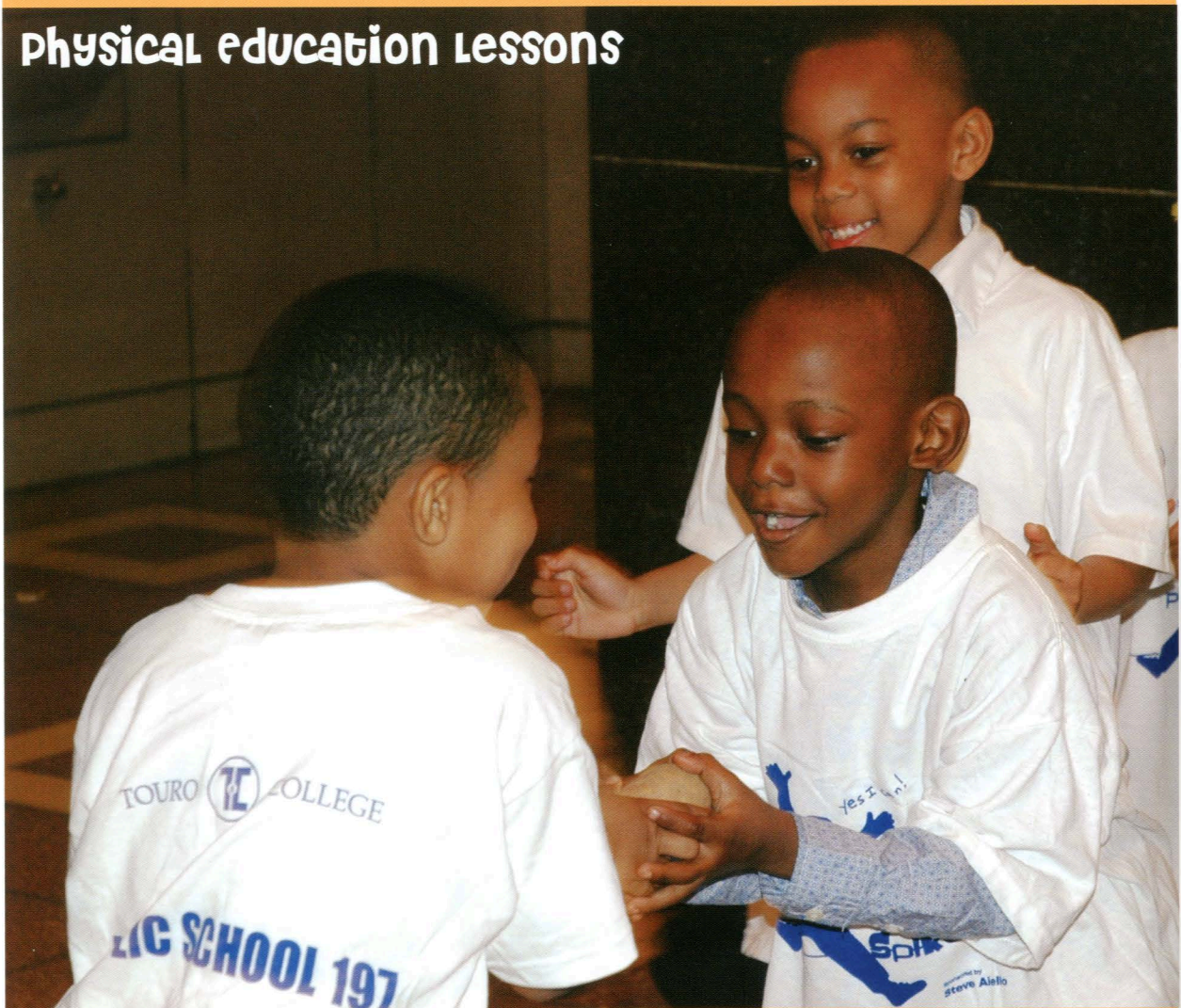
yes I can! • classes



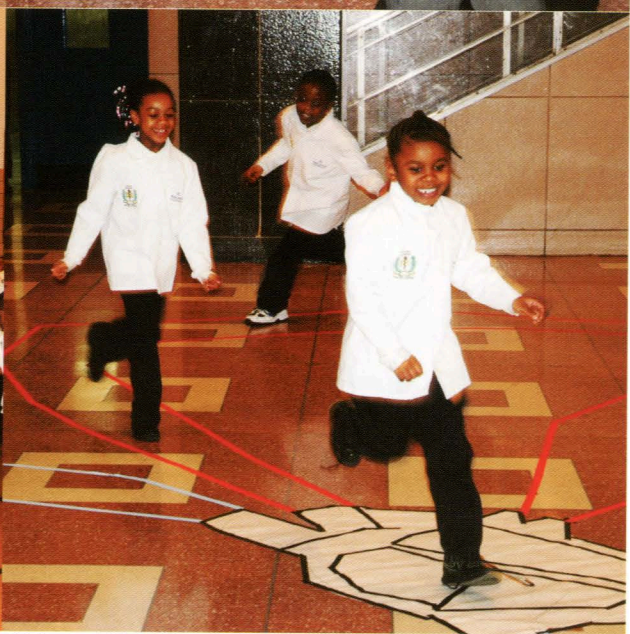
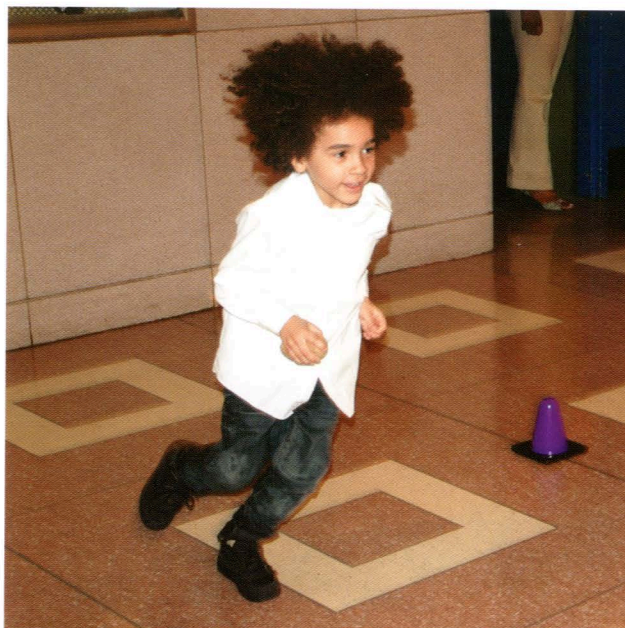
First Grade



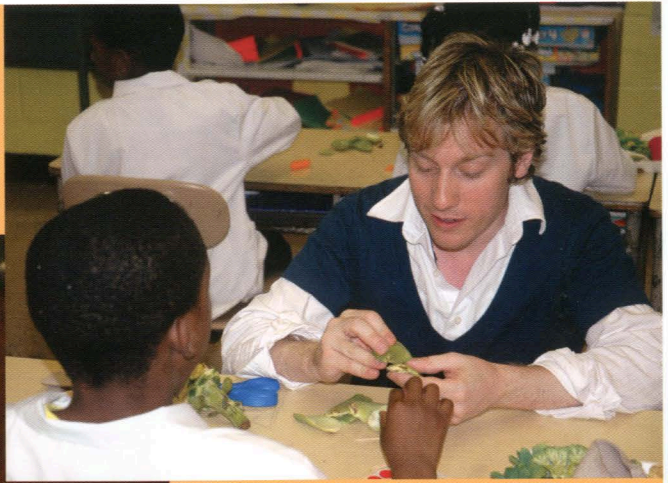
Physical education lessons



motion is the potion



**hands-on
minds-on**



Mr. Timothy



**healthy
Living
choices**

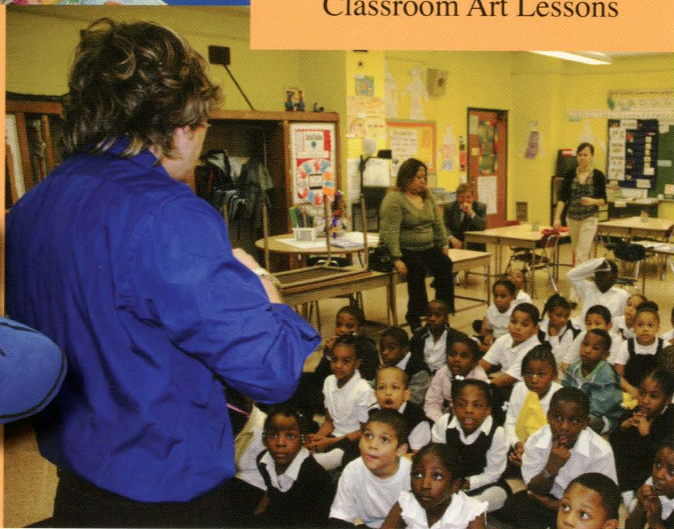
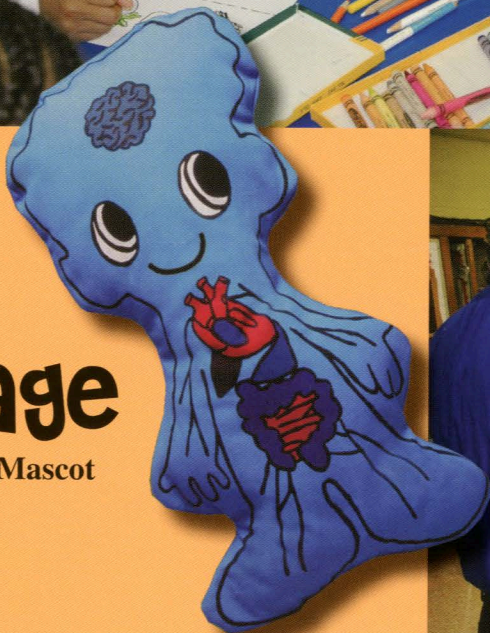


Miss Anna

Classroom Art Lessons

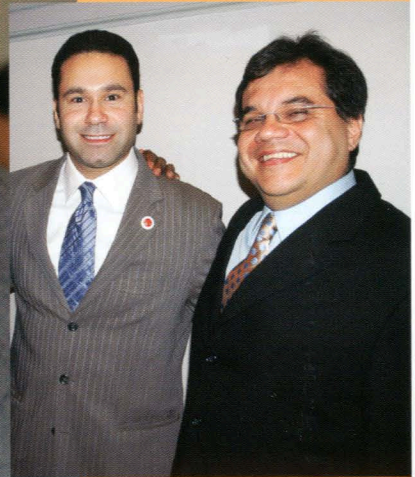
sage

Our Mascot





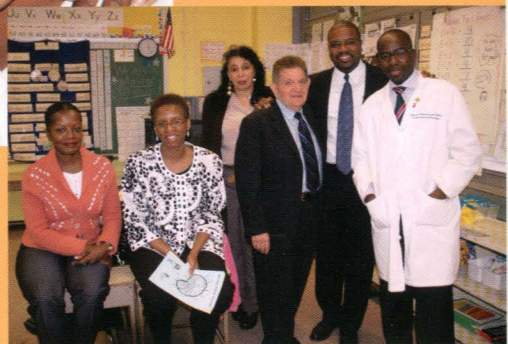
Special Thanks to Dr. Lander



Councilman J. Rivera
with Principal W.
Quintana, Bronx High
School for Medical
Science

Hip Hop Doc: Dr.
O. Williams "Stroke
Ain't No Joke,"
Harlem Hospital

educational TRIPS



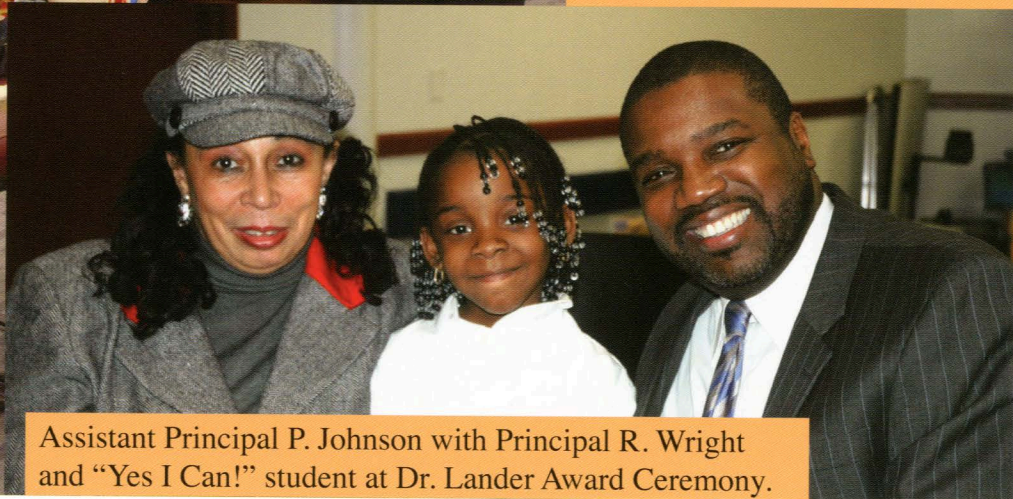


Dr. Aiello

Special events



Dr. R. Goldberg, Dr. A. Polemeni,
and Dr. J. Sexter at touroCOM



Assistant Principal P. Johnson with Principal R. Wright
and "Yes I Can!" student at Dr. Lander Award Ceremony.

**natural
gourmet
institute /
The palette
fund**



Healthy Whole Food
Lessons and Recipes

Natural Gourmet Institute / Palette Fund Chefs



Energy
Smoothie

Chef prepares
a nutritious
meal with
students

Easy A.D.



Tiffanidenise



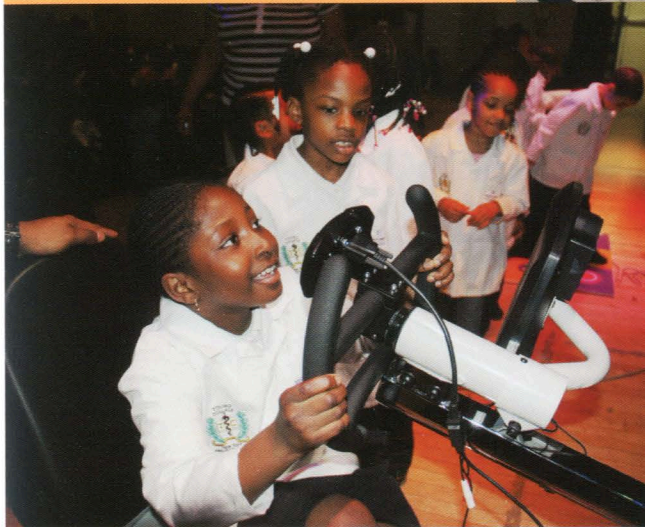
Hip Hop Stroke (TM)
Classroom Lesson

Bronx High
School for
Medical Science,
April 7, 2009



Councilman Rivera with Operation
Lab Coat / Building Education
Bridges students

Game Bikes (TM) Interactive
Video Game



Dr. O. Williams, the "Hip Hop Doc," with
future doctor and her mom

**hip hop
h.e.a.l.s.**

TM

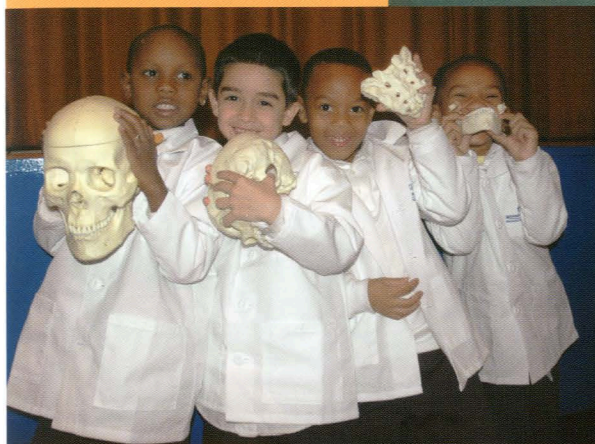


Halloween
Assembly with
TouroCOM faculty
and medical student



Halloween Assembly

P.S. 197 Olympics

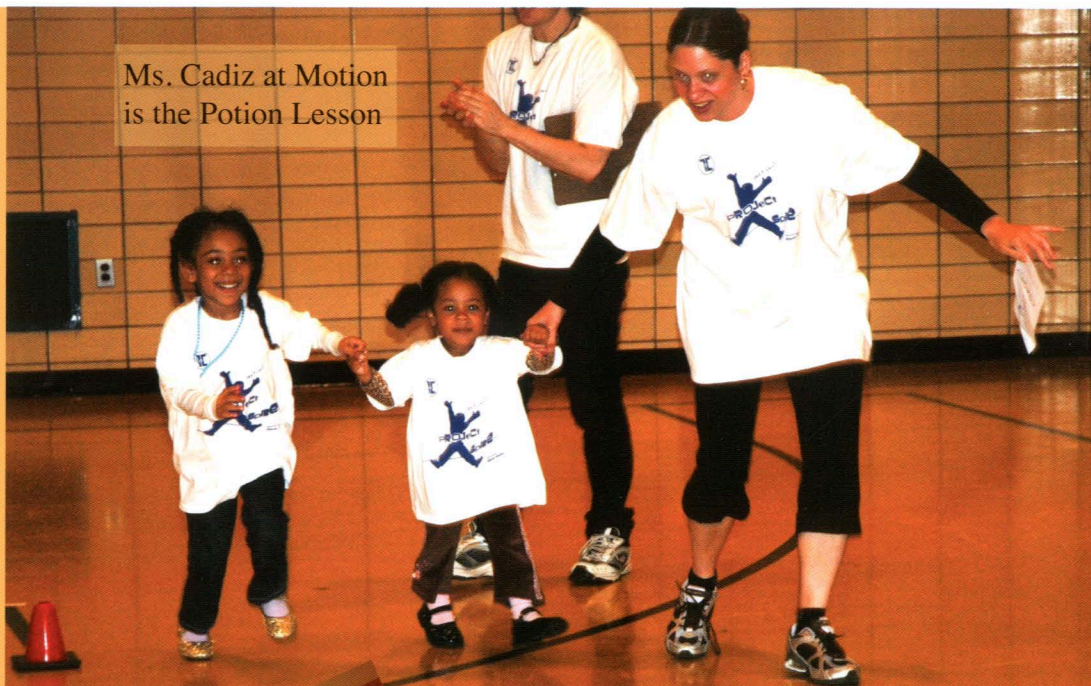


Skeleton, Bones
and Joints

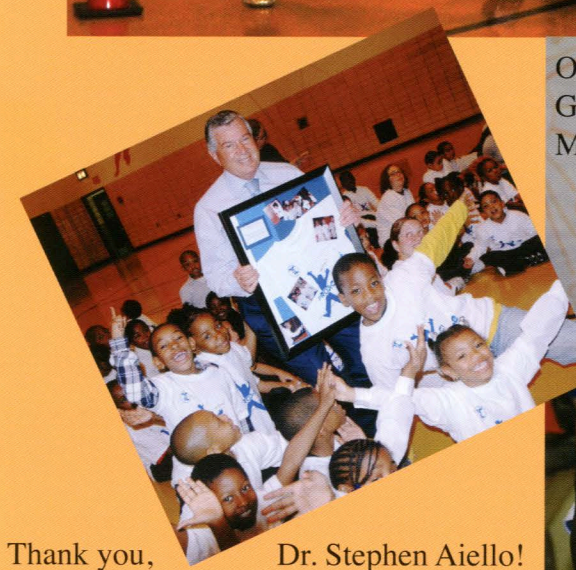
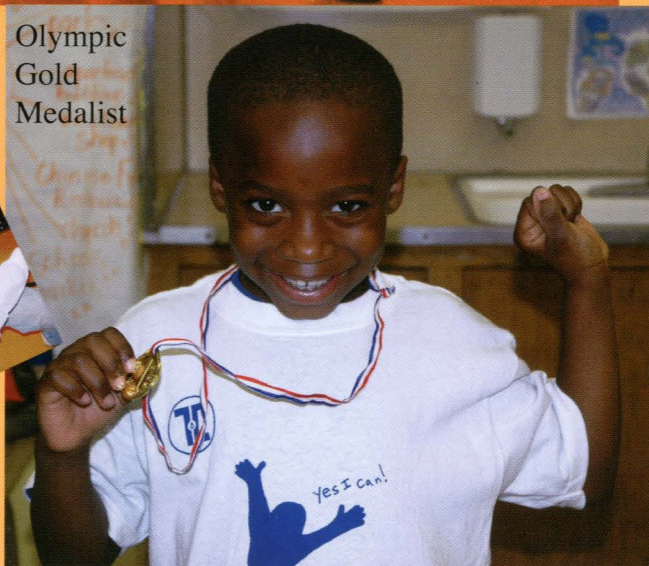


Kindergarten
Graduation

Ms. Cadiz at Motion
is the Potion Lesson



Olympic
Gold
Medalist



Thank you,

Dr. Stephen Aiello!



Fun with
Animal
Masks

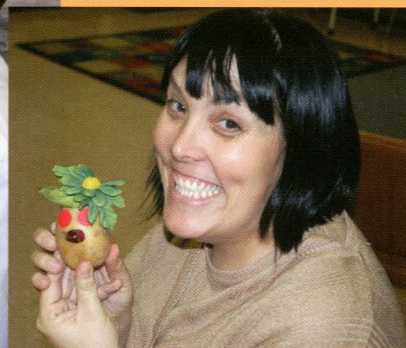


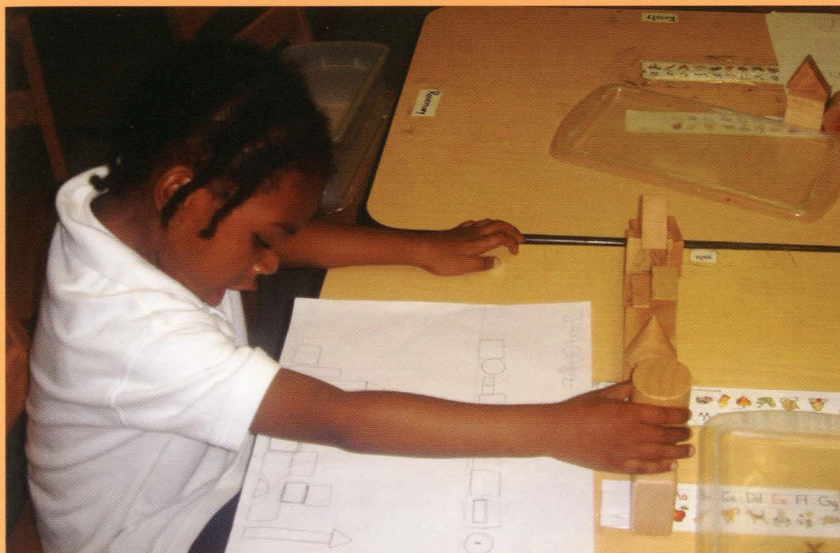


Energy Potato People Lesson



Heart-to-Heart Lesson





This child is
building a castle
following the
drawing.

V.I.P.

Vygotsky
Instructional
Program



An “inspector” is
checking to see if
the castle follows
the drawing.



race to success

PUBLIC SCHOOL 197
JOHN B. RUSSWURM SCHOOL

Renardo Wright, Principal

Paulette Johnson, Assistant Principal

P.S. 197 "YES I CAN" TEACHERS

Ms. E. Cadiz, Pre-Kindergarten

Ms. B. Rivers, Kindergarten

Ms. D. Pickney, Kindergarten

Ms. L. Roach, First Grade

Ms. D. Auza, First Grade

TOURO COLLEGE

Bernard Lander, Ph.D., L.H.D., Founder
and President

Anthony J. Polemeni, Ph.D., Vice
President, Division of Graduate Studies

PROJECT ASPIRE

Stephen Phillips, M.A., Executive Director

Nicholas A. Aiello, Ph.D.,
Education Director

Michael J. Aiello, B.S., Physical
Education Coordinator

Timothy D. Bellavia, M.F.A.,
Creative / Curriculum Specialist

Anna Indelicato, Instruction
Specialist

TOUROCOM

Jay Sexter, Ph.D., CEO

Robert B. Goldberg, D.O., Dean

Deborah Williams, M.D., Ph.D.,
Associate Professor of Pathology,
College of Pharmacy

Lydia Thomas, Community
Coordinator

**SCHOOL OF HEALTH
SCIENCES**

Joseph Indelicato, Ph.D., Chair

vocabulary

healthy careers:

Cardiologist - a special doctor who takes care of our heart.

Orthopedist - a special doctor who takes care of our skeleton, bones, and joints.

Pulmonologist - a special doctor who takes care of our lungs.

Neurologist - a special doctor who takes care of our brain.

Veterinarian - a special doctor who takes care of our pets and other animals.

Nurse - a health specialist who helps doctors take care of people who are sick.

Physical Therapist - a health specialist who relaxes our joints, muscles & tendons.

Chef - a professional cook who prepares nutritious and delicious meals.

motion is the potion:

Exercises - daily movement activities that help our bodies stay healthy.

Joints - the places in the skeleton where bones meet and help us move our neck, arms, hips, legs, knees and ankles.

Olympics - an event where “Yes I Can!” students race and everyone wins for trying.

Carbohydrates - a nutrient found in many foods, like potatoes.

Energy - what we need to be “Yes I Can!” students.

Relay Race - a race that takes a team effort.

Baton - an object that is handed off from one team member to another in a relay race.

Stretch - what we do to prepare our bodies before physical activities (neck rolls, shoulder shrugs, legs out wide touching toes, jumping jacks/jumping jills, make like the letter L).

Breath - air that you take inside your lungs.

Calories - we measure energy of food with calories.

Oxygen - the stuff we breath in. We need oxygen to live.

Sprint - to run as fast as you can in a short race.

Skeleton - all the bones in our body.

Heart - a muscle that pumps blood through our body.

Arteries - carry blood away from the heart.

Veins - carry blood to the heart.

Lungs - organs inside our body that help us breathe.

Nutrients - the important parts of food that our bodies need.

Heart Chambers - rooms inside our heart that pump our blood.

Pulse - the “lub dub” we feel on our wrists or our neck.. Pulse is our blood flowing through our arteries.

Red Blood Cells - cells in our body that have oxygen.

Brain - the organ inside our heads that helps us think and runs our bodies.

Brain Waves - the signals that our brain send to all our body parts.

healthy living choices:

Nutrition - eating healthy foods that help us grow big and strong.

Respect - to honor and be polite to ourselves and others.

Pride - to feel good about yourself and your efforts.

Affection - to show that you care for others.

Hygiene - a way that you take care of yourself by keeping clean, brushing your teeth, and washing your hands and bodies.

Education - learning new and important things about yourself and the world you live in. You need an education to become the best possible you. “Yes I Can!” students respect education and their parents and teachers.

Aspire - to do your very best now and in the future to become the best possible you.



**SPECIAL THANKS TO THE
YES I CAN! VOLUNTEERS**



PHOTOGRAPHS:
Dr. Nicholas Aiello

ART DIRECTION:
Wayland Timme
Kristin Walsh & Timothy D. Bellavia

YES I CAN! Partners:



TOURO COLLEGE
OF OSTEOPATHIC MEDICINE

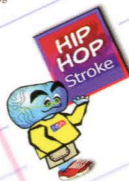


The Palette Fund

Honoring Rand Harlan Schmitt's Philanthropic Legacy

Sponsored by

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Become health conscious



NATURAL GOURMET
INSTITUTE
FOR HEALTH & CULINARY ARTS

WE ARE ALL THE SAME INSIDE

TOURO COLLEGE

