



Core Value: Health and Fitness

May — Health and Fitness

Core Value of the Month

Health and Fitness: Being personally committed to keeping our minds and bodies clean and fit.

Cub Scouts will learn that it is important and easy to eat a healthy diet and how a fitness program can be part of their daily routine.

Pack Planning Meeting

Pack leaders meet one or two weeks before the pack meeting to finalize plans for May and develop plans for the June pack meeting.

Pack Committee

- Finalize plans for this month's food tasting event. Invite dens to bring a nutritious, healthy dish for their demonstration.
- Have the Cub Scouts or volunteers create posters on nutrition, healthy eating tips, and healthy life styles. The Department of Agriculture Web site, *www.mypyramid.gov,* is an excellent source on food choices and amounts that are right for you.
- Discuss upcoming summertime meetings and activities, and finalize leadership assignments.
- Have a report from the pack camping coordinator. Ensure that registration forms and information for day camp and resident camp are available for all pack families.
- Discuss plans for a Good Turn.
- Review plans for June's pack bicycle rodeo.
- The annual pack program planning conference is right around the corner. Be sure all pack members know the date, place, and time for this important annual event.
- Webelos dens have graduated and many leadership positions become vacant. Recruit adults to fill vacant pack positions.

Cubmaster Corner

- **Retention.** It's that time of year when Cub Scouts of all ages will be transitioning. Are the leaders going with them? How can we encourage them to stay involved with the pack where they are needed? This is something that should be thought about throughout the year and not just at transition time. Make sure leaders and volunteers know what they need to do in their jobs, and recognize them in front of the pack for doing their jobs well. Keep the pack meetings fun and exciting for the Cub Scouts and the leaders and always provide recognition—these are two keys to retention. After all, if the program is fun and leaders and volunteers know that what they are doing is important to the success of the pack, why would they want to go anywhere else?
- This is a good time to ensure that all boys have had the opportunity to register for local summer day camp and resident camp.

Pack Trainer

- Conduct the Unit Leadership Enhancement No. 8, National Awards. This discussion will help the pack and dens implement fun, year-round quality programs. Or select a topic that better suits the current needs of your pack. See the *Cub Scout Leader Book* for detailed outlines. Choose a topic for next month's discussion.
- Reinforce training opportunities for all Cub Scout leaders, particularly those who will be taking a new position for the coming Scouting year.

Program Highlights

Academics and Sports

The Cub Scout Academics and Sports program is a great way to help fulfill the aims of Scouting—building character, developing citizenship, and encouraging mental and physical fitness. This month you might feature these belt loops and pins.

- **Nutrition:** Eating a balanced diet means eating foods that are good for you and that give your body the vitamins and other nutrients it needs to stay healthy.
- **Physical Fitness:** Being in good physical condition will serve boys well today and in their future. Encourage the boys in your den and pack to earn the Physical Fitness belt loop and pin.

See the *Cub Scout Academics and Sports Program Guide* for more information.

Outing in Scouting

- **Cub Scouts.** Pick up some healthy food and have a picnic outdoors if weather permits. Make sure to do a thorough litter sweep when they're done.
- **Webelos.** After the Webelos den leader has completed Outdoor Leader Skills for Webelos Leaders training, have a campout and focus on cooking skills in the out-of-doors.

Resource Highlight: Den and Pack Ribbons

Boys in the den respond to recognition. Many occasions present themselves to use different forms of recognition. An award ribbon can be presented to different dens to recognize their attendance at the pack meeting, their advancement as a group, even parent involvement. Many different types of awards are available from your local council service center.

The May Pack Meeting

Health and Fitness

BEFORE THE MEETING

Plan to set up with plenty of time to spare so you can start the meeting on time. Hang posters on nutrition, healthy eating habits, and healthy lifestyle throughout the meeting room. An assortment of tables will be needed so that dens can use the area to share their foods. Set up additional tables for the dens to display their projects. Set up a separate area for the preopening activity.

GATHERING

Greeters welcome the Cub Scout families. Direct them to the tables set aside for their foods and the display area.

Preopening Activity

Taste Test

Premix a dozen different flavors in liquid form and have them in small sampling jars, such as mason jars or baby food jars. Flavors can include extracts (like vanilla and almond), drink flavors (like cherry and grape juices), diluted vinegar, etc. Place the flavors at numbered stations and hand out cards with the numbers next to blank lines. Have plenty of toothpicks at each station so that each person can use a different toothpick for the flavors. Let everyone try each flavor and identify as many as they can. The winners are those that identify the most flavors.

OPENING

Opening Ceremony

Use the ceremony below or an alternate ceremony from *Cub Scout Ceremonies for Dens and Packs*.

Growing

Materials: Package of carrot seeds, big carrots with tops still on.

CUBMASTER: (*Show package of carrot seeds.*) Inside this package are tiny carrot seeds. They don't look like much because they are tiny and fragile. But if we plant them in good soil and we make sure they get plenty of sunlight, air, and water, they will grow to be big healthy carrots like these. (*Show some carrots.*) Cub Scouts are like carrots, they also need certain things to grow, like good food, rest, and exercise.

But Cub Scouts also need something more. They need to have healthy minds and spirits if they are going to be the kind of men we all admire. In Cub Scouting, boys can develop these qualities. They do it by following the Cub Scout Promise.

Please stand and join us in repeating the Cub Scout Promise and the Pledge of Allegiance.

Prayer (Cub Scout or Leader)

"We give thanks to our families, who help us make good choices so we can be healthy and fit."

Welcome and Introductions

The Cubmaster welcomes everyone to the pack meeting. Thank the many volunteers who helped organize and set up the meeting. Recognize special guests and welcome them to the "yummiest" pack meeting ever!

PROGRAM

Den Demonstrations

Dens that have food items to share should be prepared to explain what their item is and why it is good for the body. Other dens may choose to share skits, songs, or other activities.

RECOGNITION

Physically Fit

Equipment: Awards for boys; sports articles and pictures; posters displaying health, physical fitness, and proper eating.

CUBMASTER**:** Look at these (*show pictures, posters, articles, etc.*). These people have made it by being physically fit. They work out. They get the proper amount of rest. They eat balanced meals. It is nothing they have done overnight. It takes a long time to get in the shape that these people are in. Cub Scouting is a program for boys in the first grade through the fifth grade. It takes time to advance



in rank and earn awards. As Cub Scouts advance and earn awards, they learn about physical fitness, healthy habits, and proper healthy eating. Tonight we will recognize the Cub Scouts who have earned awards. Will the following Cub Scouts and their parents come forward? (*Call boys up by rank or den.*)

CLOSING

Announcement

Remind pack families about summer day camp plans, plans for other summertime pack activities, and the time and date for next month's pack meeting.

Cubmaster's Minute

We take our bodies and good health for granted when we are well, strong, and feeling good, but injuries and illness can strike at any time. We should do our best to take care of ourselves by practicing good healthy habits and eating the proper foods. Each one of us needs to be strong and healthy in mind and body to be able to contribute to our family, community, and nation.

Closing Ceremony

Physical Fitness

CUBMASTER: Exercise alone won't keep you physically fit. Good personal-health habits should be practiced daily.
CUB SCOUT 1: Shower every day, especially after exercising.
CUB SCOUT 2: Visit your dentist regularly.
CUB SCOUT 3: Stand up straight, don't slouch.
CUB SCOUT 4: Get plenty of sleep.
CUB SCOUT 5: Wash your hands frequently.
CUB SCOUT 6: Eat right! A balanced diet will make you feel good!
CUB SCOUT 7: Get plenty of exercise to make you feel great!
CUBMASTER: Stay healthy, everyone. See you next month!

AFTER THE MEETING

- Refreshments
- Cleanup