

February 7, 2008 Binghamton, NY



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Educator Of Week: Koren Rubino



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This week, we take you to Owego Apalachin Middle School.

We head into a gym class where our Educator of the Week is working on health and physical fitness.

Breaking a sweat, and feeling the burn.

It's gym class for these middle school girls.

And their teacher, Ms. Koren Rubino isn't making this workout easy.

"She always pushes us to do like better, as best as we can," says student Courtney Pauly.

Ms. Rubino grew up loving sports and loving kids.

So she decided to teach kids how important it is to stay fit in today's society.

"I want to teach them how to be confident how to be healthy how to chose activities that they like and that physical activity should not be something that they're forced to do," says Rubino.

She spends a lot of time working one on one with her students when they're in the weight room.

Victoria Barton says some activities can get very frustrating but Ms. Rubino gives great advice.

"Not to get down on yourself when you make a mistake and to keep trying and don't give up. And if you practice you get better at things," says Barton.



Storm Tracker Weather



33 °F
Current Temp

Light Snow
Fog/Mist

Wind : From the West at 14 MPH
Humidity : 92 %
Pressure : 29.64" (1005.1 mb)

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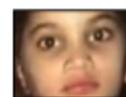


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That's why Ms Rubino wants to make sure these kids practice at home what she preaches in class.

"Get their parents involved in what their doing in then it tends to be a lifestyle lesson instead of just one lesson at school that day," says Rubino.

"She teaches us that even spending a little bit of time on it as long as exercise you can still be healthy and if you eat right you can be healthy too."

A few simple yet healthy words of advice from our Educator of the Week.

Family-Friendly Recipes

Get Recipe Ideas - School Lunches, Family Dinners, Holiday Meals, etc.
Family.Gather.com

Teach Elementary School

University of Phoenix Night, Distance, And Part Time!
Phoenix.edu

"2008 Diet Of The Year"

Amazing Chinese Weight Loss Secret. As Seen On CNN, NBC, CBS & Fox News
www.Wu-YiSource.com

Education

Ask Candidates How They Plan To Strengthen America's Schools.
www.EDIn08.com



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