Wellness Week!

January 14th – 18th, 2019

~ Students ~ Staff ~ Parents ~

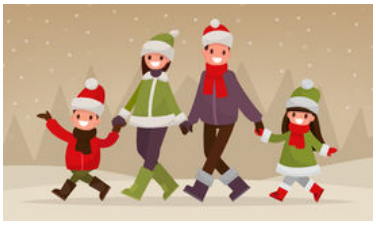
Get Moving Monday: Teachers and students will work to be active and take movement breaks during classes today!





Try something new Tuesday/Try your best Tuesday: Try a new activity, work/play with a new friend, try your best on a challenging task.

Walking Wednesday: Get bundled up and take a walk outside! Students are encouraged to walk with a new friend and be a good listener while walking and talking.





Thirsty Thursday: Stay Hydrated! Students are encouraged to bring water bottles and drink plenty of water.



Fresh Fruit and Friend Friday: Students will have a fresh fruit snack with a friend, compliments of lunch vendor, Organic Life!