

SCHOOL WELLNESS WEEK MARCH 19 - 23



SCHOOL WELLNESS

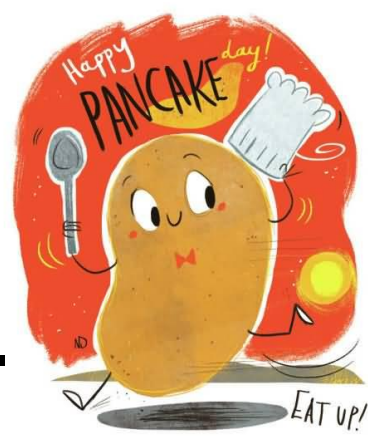


WEEK



**Today is Motivation Monday.
Health Tip of the day is to
Jump Start Your Day with
Breakfast....**

Breakfast is the most important meal of the day.





Today is Take Charge Tuesday.

Health tip of the day is about the importance of sleep. Hope you had a good night sleep last night ...

Sleep is vital for learning and memorizing. So please make sure you have a good night's sleep!





Today is Wellness Wednesday.

Health tip of the day is to remember to eat at least 5 servings of a fresh fruits and or vegetables daily.

&

remember to drink your Water for Wellness.

So drink up... and drink lots of it daily...

So remember 5 a day fruits / vegetables

& Water is the Wellness Way...



Today is Thoughtful Thursday.

Thoughtful Thursday is the perfect time to be mindful of those around you at home, at school and at play. Wouldn't all our relationships be so much better if we.... ALL thought before we spoke, texted or emailed?

Before you speak.... THINK of the wordTHINK.....

T is it true

H is it helpful

I is it inspiring

N is it necessary

K is it kind...

The spoken word is extremely powerful. It can make us, break us, hurt others or heal others. So please do THINK before you speak.

It's a wonderful thing when you can be more thoughtful and considerate towards others. It's quite a gratifying experience.

**Today is Fitness Friday.
The health tip of the day is
the importance of daily
exercise. So get moving and
be active everyday...**

School Wellness Week Samples

3/19-3/23

- Monday-Golden Delicious APPLE
- Tuesday-Banana
- Wednesday-Spinach
- Thursday-Black Bean Salsa
- Friday-Clementine

