

Wellness Week- Proposed Dates 1/28-2/1

Announcement everyday related to specific day

“A” block Physical Activity Challenge

Teachers Hallway Steps Challenge.

Community Services- Write letters to another school in a less fortunate area?

Give out wristbands- 1/28, A Block

- **Monday – Safety Day**

- Students will be able to wear “safety gear (Helmets, shoulder pads, safety class, safety vest, flashers)” to school.

- **Tuesday – Be Kind Day**

- wear blue
- Video During Electives
- Health Check Up- From Palmetto Health for Staff and or Parents.

- **Wednesday- Healthy Eating Day**

- Wear Green to Promote Eating Veggies
- Farmers Market, before, during, or after school

- **Thursday – Physical Activity Day**

- Wear work out clothing
- Send brain blast ideas to entire school

- **Friday – Advocate For a Cure Day**

- Spread awareness for a disease or cause by wearing a color.
- Free or Low Cost Messages for Staff
- Local Experts about Opioid Problems speak during E1 and E2 (Police, Doctor, Etc.)

Questions:

- What does theater have planned for 2/1- good
- What can we do for school wide community service?
- End the R word? How will that work
- When will message be?
- Where can we put food market- parents, students-what is the point?

November

- Give plan to colleagues
- Give final plans to burns

December

- Contact, Farmers market, contact messages people, contact health people
- Make flyer
- Create Flyer

January

- Think about dismal plan for theater
- Advertise on social media- put on school calendar.
- Put up flyers
- Create Videos (Find) and announcements
- Create walking service chart
- send out plan week before

Wellness Week

Greetings,

The plans attached are for wellness week. Please let me know what questions you have!

Week before,

Students and Staff, next week is Wellness Week. Wellness Week is to celebrate our Healthier Generation National Award. You will all receive a bracelet. This bracelet is to help you understand that that a healthy you is best version of yourself!

Each day next week has a theme that ties into wellness.

(Insert Flyer).

We encourage staff and students to participate.

Monday 1/28 is Safety day, **Wear safety gear to school.**

Day	Announcement	Activities	Links
1/28	<p>Happy Wellness Week. Today is Safety Day. Did you know last year there was 467,000 bicycle-related injuries? Wearing the correct safety gear can prevent injury.</p> <p>Teachers please remember to give your A Block classes the Fitness Challenge.</p> <p>Teachers, do not forget to count and total your steps for the day!</p>	<p>PA Challenge Hallway Step Challenge https://tinyurl.com/yc9tthlc</p>	

	<ul style="list-style-type: none"> • Tomorrow is Advocate for a Cure day! Wear the color of the disease or cause you want to spread awareness for. 		
1/29	<p>Happy Wellness Week. Today is Advocate for a cure day! Did you know the best thing you can do to prevent most major types of cancer is eat healthy, exercise regularly, and avoid drugs like tobacco, alcohol, and vaping?</p> <p>Teachers please remind your A block students to fill out their Fitness Challenge.</p> <p>Teachers, do not forget to count and total your steps for the day!</p> <p>Tomorrow is Healthy eating day! Dress in the color of your favorite fruit or veggie.</p>		
1/30	<p>Happy wellness week. Today is Healthy Eating Day. Did you know most adults in South Carolina are not getting the amount of veggies they need? We encourage you to eat at least 3 servings of veggies today!</p>	Famers Market Maybe?	

	<p>Teachers please remind your A block students to fill out their Fitness Challenge.</p> <p>Teachers, do not forget to count and total your steps for the day!</p> <p>Tomororw is Physical Activity Day- wear workout clothing.</p>		
1/31	<p>Happy wellness week. Today is Physical Activity Day. Did you know Physical Activity, keeps you at a healthier body weight, strengthens bones, and increases your chances of doing well in academic classes? We hope you are physically active at least 60 minutes a day!</p> <p>Teachers please remind your A block students to fill out their Fitness Challenge.</p> <ul style="list-style-type: none"> • Tomorrow is Be Kind Day. Wear blue for bullying awareness. 	<p>Video About Classroom Physical Activity Blast</p> <p>https://www.youtube.com/watch?v=Z0m99F9MPvM&list=PLNcNzYTdQIUdLjcjjUSxHkh4fIfwwCJEc</p>	
2/1	<p>Happy wellness week. Today is Be Kind Day. One in five students have reported being bullied in the United States. When you have a choice, we encourage you to choose kindness.</p> <p>Teachers please remind your A block students to fill</p>	<p>healthy eating</p> <p>https://youtu.be/adV0rxAdJV8</p>	

	<p>out their Fitness Challenge. Today is the last day.</p> <p>Teachers, do not forget to count and total your steps for the day!</p>		
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Greetings all,

Wellness Week will be March 9th-13th.

Each day of Wellness Week has a theme that ties into wellness. These themes will be announced every morning so make sure to pay attention to the morning announcements!

You can also participate in **buying fresh fruit and veggies**, the step challenge, a door decorating competition, and an A Block Physical Activity Challenge.

Buying fresh fruit and veggies

- We have partnered with a local farmer to bring you fresh fruits and veggies. Each basket will be **12 dollars** and includes carrots, apples, strawberries, cabbage, and bananas.
- **Money will be due Thursday 3/4.**
- **Baskets will come 3/9.** You will need to pick them up in the cafeteria that morning.
- **Please email Mr. Mullis if you would like a basket.**

Fitness Activity Challenge.

- Please allow and remind your A block **only** to fill out the Fitness Challenge **everyday**. The link is below.
- <https://tinyurl.com/vc2dgfl>
- The winning class (class with the most minutes) will be able to come to the gym for an extra incentive during Cav Time.

Door Decorating Challenge

- **Goal:** to promote a healthy lifestyle of healthy habits in a positive way.
- The doors will be judged by Wednesday of Wellness Week (3/11)
- We will give out Athletic Wear Passes for each hallway winner!
- The overall winner (teacher with the best door in the school) will get an **85 dollar** gift card to Palmetto Acupuncture and an Athletic Wear Pass. Palmetto Acupuncture offers messages!
- The rubric is below.

	3	2	1
Position	The door demonstrates a clear, health-enhancing position.	The door's health-enhancing position is somewhat clear.	The position is not clear in the door or is not a health-enhancing position.
Evidence	The door includes at least four pieces of evidence to support their position and is supported by valid and reliable sources.	The door includes two or three pieces of evidence that supports their position and are supported by valid and reliable resources.	The door includes zero to one pieces of evidence that supports their position or is not supported by valid and reliable resources.
Passion or conviction	The door shows passion or conviction toward the topic.	The door shows limited passion or conviction toward the topic.	The door does not show passion or conviction.
Appeal	The door clearly appeals to the intended audience.	The door is somewhat appealing to the audience.	The door is not appealing to the audience.

Step Challenge

- Each Grade level (6th, 7th, 8th and electives) will create teams of 6. A chart will be put up for each hallway. Each person on the team will be in charge of writing down their steps for each day of wellness week.
- The team that has the highest step total will receive Athletic Wear Passes.
- The scores will be totaled at 4:30 on Friday (3/13).

We encourage staff and students to participate.

3/9	Happy Wellness Week. Wellness Week is to celebrate our Healthier Generation National Award along with promoting health and wellness school wide. The motto of wellness week is “be the
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	<p>best version of yourself”. This means that your wellness is the sum of your decisions you make every day that will allow you to achieve the best quality of life.</p> <p>Today is Sleep Day</p> <p>Here are some tips to get better sleep at night:</p> <ul style="list-style-type: none"> • Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends • Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature • Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom • Avoid large meals, caffeine, and alcohol before bedtime • Get some exercise. Being physically active during the day can help you fall asleep more easily at night. <p>Teachers please remember to give your A Block classes the Fitness Challenge.</p> <p>Teachers, do not forget to count and total your steps for the day!</p> <ul style="list-style-type: none"> • Tomorrow is Advocate for a Cure day! Wear the color of the disease or cause you want to spread awareness for.
3/10	<p>Happy Wellness Week. The motto of wellness week is “be the best version of yourself Today is Advocate for a cure day! Did you know the best thing you can do to prevent most major types of cancer is eat healthy, exercise regularly, and avoid drugs like tobacco, alcohol, and vaping?</p> <p>Teachers please remind your A block students to fill out their Fitness Challenge.</p> <p>Teachers, do not forget to count and total your steps for the day!</p> <p>Tomorrow is Healthy eating day! Dress up as your favorite fruit or veggie or dress in the color or your favorite fruit or veggie.</p>

3/11	<p>Happy wellness week. The motto of wellness week is “be the best version of yourself. Today is Healthy Eating Day. Did you know most adults in South Carolina are not getting the amount of veggies they need? We encourage you to eat at least 3 servings of veggies today!</p> <p>Teachers please remind your A block students to fill out their Fitness Challenge.</p> <p>Teachers, do not forget to count and total your steps for the day!</p> <p>Tomororw is Physical Activity Day- wear workout clothing.</p>
3/12	<p>Happy wellness week. The motto of wellness week is “be the best version of yourself . Today is Physical Activity Day.</p> <p>Did you know Physical Activity, keeps you at a healthier body weight, strengthens bones, and increases your chances of doing well in academic classes? We hope you are physically active at least 60 minutes a day!</p> <p>Teachers please remind your A block students to fill out their Fitness Challenge.</p> <ul style="list-style-type: none"> • Tomorrow is Be Kind Day. Wear blue for bullying awareness.
3/13	<p>Happy wellness week. The motto of wellness week is “be the best version of yourself”. Today is Be Kind Day.</p> <p>One in five students have reported being bullied in the United States. When you have a choice, we encourage you to choose kindness.</p> <p>Feel free to grab a (One) compliment off of the compliment Friday poster and give it to another person, for no other reason but to be kind!</p> <p>Teachers please remind your A block students to fill out their Fitness Challenge. Today is the last day.</p> <p>Teachers, do not forget to count and total your steps for the day!</p> <p>We hope you enjoyed Wellness Week but Wellness does not stop here. We hope that you take something from this last week and apply it to your everyday life.</p>