

*Let us be well together!
Join us for Wellness Week.*

Monday, March 7th - Friday, March 11th.

Wellness is an active process of becoming aware of and making choices toward a healthy life.



Monday: Mindful Monday

Take time for yourself. Relax in your workout clothes as you stop, breathe, and smell the roses. Check under your lunch tray for a Golden Ticket to win a free snack.

Tuesday: Try-it Tuesday

At each school cafeteria, we will have different items to try.

- Hummus w/ pita chips
- Pierogi
- Southwest salad
- Grilled Chicken with Tzatziki sauce



Wednesday: Workout Wednesday

Wear your workout clothes and plan a workout activity. Check under your lunch tray for a Golden Ticket to win a free snack.

Thursday: Take It Outside Thursday

Try to do an activity outside, read a book, jump rope or take a walk.



Friday: Favorite Friday

Spirit day! Wear your favorite sports Jersey. Vote for your favorite food item from Try-it Tuesday. Check under your lunch tray for a Golden Ticket to win a free snack.