

2023 - 2024

VCS WELLNESS CALENDAR OF EVENTS

SEPTEMBER

FALL IN LOVE WITH FITNESS CHALLENGE, 9/4

OCTOBER

- VCS TRAILS TO SUCCESS 5K, 10/15
- BREAST CANCER AWARENESS-MAMMOGLAM EVENT, 10/19

NOVEMBER

SERVING UP SOME FUN PICKLEBALL- PICTONA, 11/8

DECEMBER

MAINTAIN DON'T GAIN CHALLENGE, 11/13-12/31

JANUARY

SELF-CARE CHALLENGE, 1/8-2/5
STAFF TALENT SHOW, 1/24
ATHENS THEATRE DELAND, 6 PM

FEBRUARY

HEART HEALTH MONTH KNOW YOUR NUMBERS EVENT, DELAND HS, 2/7, 4-7PM
LOVE YOUR HEART CHALLENGE, 2/12- 4/12, VIRTUAL

MARCH

NATIONAL NUTRITION MONTH- EAT HEALTHY CHALLENGE

APRIL

VCS HOME RUN 5K, JACKIE ROBINSON STADIUM, 4/13, 8 AM

MAY

CELEBRATION YOU!- TEAM AND WELLNESS WINNERS AWARDS CEREMONY AND MENTAL HEALTH EXPO, BROWN & BROWN BLDG, DAYTONA BEACH, 5/8, 5:30 PM - 7:30 PM



**FOR DETAILS VISIT THE WELLNESS PAGE AT:
CONTACT: DEIA' GOFF,
DCGOFF@VOLUSIA.K12.FL.US
STARRED EVENTS WILL BE PART OF OUR TEAM CHALLENGES TO WIN THE SILVER CUP**



TEAM CHALLENGE DETAILS FOR WINNING THE TRAVELING SILVER CUP!



2022-23 Silver Cup Winners Champion Elementary

The Silver Cup is up for grabs again this school year and Champion Elementary will definitely be defending their title. Last year we had over 45 teams join the challenge; what school and areas will challenge Champion Elementary?!

This year there will be five team challenges and opportunities to be awarded the Silver Cup at our End of Year Awards Celebration!

How to get involved:

- Get with your school or area's Wellness Champion and join a team or become a team leader and form an area or school team.
- Have your school/area team join and complete as many of the five team challenges below as possible:
 - **September 4th- October 15th: Fall in Love with Fitness Challenge**, Register under a team here: [Fall Challenge Registration](#)
 - The top five teams with the highest average of physical activity minutes will win points for this challenge
 - **October 15th: VCS Trails to Success 5k**, register under a team here: [VCS Trails to Success 5k](#)
 - The top five team with the highest participation will win points for this challenge. To make awards equitable we will be using a percentage of employee participation. If there is a tie, we will do a tiebreaker of the top five highest placing walkers/runner on those teams. Points will be: 1st- 10 pts, 2nd- 7pts, 3rd-5 pts, 4th- 3 pts, 5th- 1 pt.
 - **December- Maintain, Don't Gain Challenge** (**due to Holiday breaks, this challenge will still occur, but will not be a part of the Silver Cup Challenge, thank you!!**)
 - **January- RenewYou-Self-Care Challenge**, 1/8/24- 2/5/24. Register here: <https://corporatefitness.app/events/renew-you-challenge/getting-started>
 - **February- Love Your Heart Challenge**, 2/12/24 -4/12/24, registration will open prior to the challenge.
 - **April - VCS Home Run 5k**, Saturday, 4/13/24, 8 AM, Jackie Robinson Stadium
- Teams do not have to stay the same throughout the year, each challenge will differ in rules for winning.
 - For example, if your school has different members or number of participants for your school or area for different challenges, that is acceptable, as some challenges, such as the 5k's will be based on overall participation.
 - Team challenges, as the "Fall in Love with Fitness Challenge", where teams may win by the highest amount of minutes of physical activity, will have their total minutes divided by their total team number of participants, in order to keep the challenge fair for smaller teams.
- Teams will be awarded points for each challenge, as follows:
 - 1st place- 10 points
 - 2nd place- 7 points
 - 3rd place - 5 points
 - 4th place- 3 points
 - 5th place- 1 point
- The school/area team with the most points will win the Silver Cup, 2nd-5th place teams will receive team trophies.
- Each time a team wins a challenge, that team will have their choice of a healthy breakfast/lunch or five-minute chair massages at their school or area
- Good luck and remember this is about having fun with fitness, motivating each other, and creating a healthy and positive environment through teamwork!
- Questions, contact: Deia' Goff at: dgoff@volusia.k12.fl.us or visit the [Wellness Page](#).

**ARE YOU UP FOR
THE CHALLENGE?**