



Peachful. . . PRACTICES

January 2026

Did you know that 20-30 minutes of physical activity can improve your overall physical and mental health? In this issue, we share some tips and best practices to support physical well-being as we kick off the new year with resolutions to be better.

PHYSICAL WELLNESS

Free PL Resource:
VIDEO +
CROSSWORD

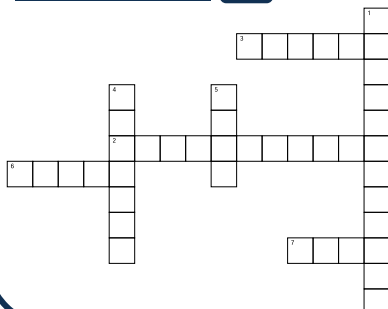
WELLNESS TIP OF THE MONTH

Did you know that moving your body can calm your mind? Physical activity is more than just a way to stay in shape—it's a powerful tool for maintaining mental health. Regular movement helps reduce stress, improve mood, boost energy, and enhance focus. The connection between body and brain is undeniable, and integrating movement into your daily routine can bring a sense of balance and harmony. If you need support in creating a balanced lifestyle, reach out to your health provider for resources, guidance, and additional tools to help you thrive.

Monthly Tip



CROSSWORD



Down:

1. Sounds hard but not if you join with friends
4. you can do it at your desk at it feels great
5. A "brisk" one is great for wellness

Across:

2. We start the year with these
3. Like Yoga but less challenging
6. better with great music and friends
7. Activity that can help you feel grounded and centered

SPOTLIGHT ON SUCCESS

Check out this month's spotlight on success. Griffin Middle School was recently recognized as one of America's Healthiest Schools. Let's see what they are doing.



PROMISING PRACTICES

What are some ways you plan to focus on physical wellness during the new year? Share your ideas, newsletters, or photos on our Community Padlet—your strategy could be featured next month!

Community Padlet



Cheers

UPCOMING EVENTS

Kaiser Permanente Health Talks: Ergo Hacks for Your Neck, Shoulders & Wrists

- Practice exercises to prevent neck, shoulder, and wrist pain.
- Learn about physical risk factors with prolonged sitting.

Date: Thursday, January 22, 2026

Time: 12:30 – 1:30 pm PST

Location: Microsoft Teams

Register: [Click here](#)

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