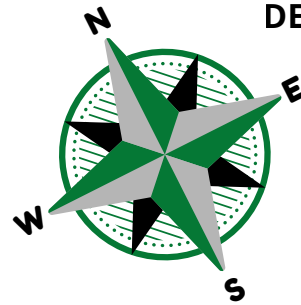


District Wellness Challenge

MARCH 2026

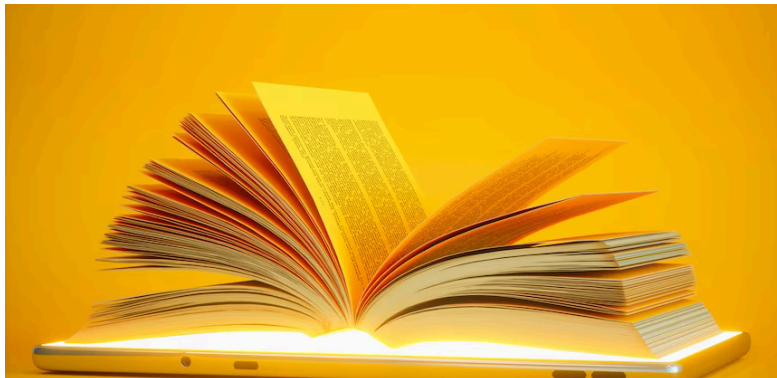
READ ACROSS AMERICA



DERBY PUBLIC SCHOOLS

2025-26

Wellness Compass



Pick the challenge that fits you best – but remember, this is meant to be a challenge, so choose something you don't normally do.

Our Wellness Challenges are designed to help us build healthy habits that can improve our daily lives.

It takes 18-21 days to form a habit, so stick with it!

Please remember to keep track of the days or activities you complete throughout the month as documentation for this wellness challenge. A simple checklist, calendar, or notes on your phone works perfectly—just something that shows your participation. You'll use this as your proof of completion when submitting this month's challenge.

CORRECT POSTURE

INCORRECT POSTURE



OPTION 01

READING

Reading is a great way to relax, recharge, and support overall well-being. For this challenge, you are encouraged to spend time reading throughout the month—whether it's a book, magazine, audiobook, or article of interest. Taking time to read can help reduce stress, improve focus, and provide a much-needed mental break during busy days. Make reading a daily habit this March and enjoy the benefits of learning, reflection, and relaxation.

OPTION 02

POSTURE CHECK

Good posture plays an important role in reducing muscle strain and supporting overall health. This challenge encourages you to complete regular posture checks throughout the day by sitting and standing tall, aligning the shoulders over the hips, and keeping the head lifted. Taking a few moments to reset posture can help reduce tension, improve breathing, and increase body awareness. Small posture adjustments practiced consistently can make a noticeable difference over time.

