



OHS WELLNESS

MONDAY - FRIDAY

8AM-4PM

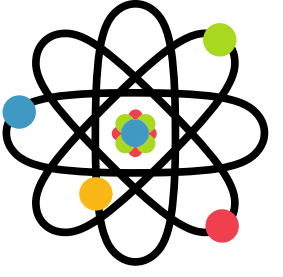


August

WELLNESS CALENDAR



2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONTHLY THEME



National Wellness Awareness



*All activities take place during lunch unless otherwise noted. Every Wednesday, activities will take place in the quad

3

4

5

6

7

FRESHMAN ORIENTATION



10

11



12

Wellness Wednesday



13

WORD SEARCH

MANLJHUTFNLT
OSLITAKVWGIQ
NIEGVVLUCINEK
VISCHTORUQUQS
QKBABBONATALE
KVPANETTONEIF
VIUNASTRINNEVE
IHREGALIVEUZGJ
YANCELOJRASTX
STELLAYXBNASTC
ELFOFFBISCOTTI
BPIALBEROGAHIX
OKDGHIRLANDASK
AIPVQKDKFRENN

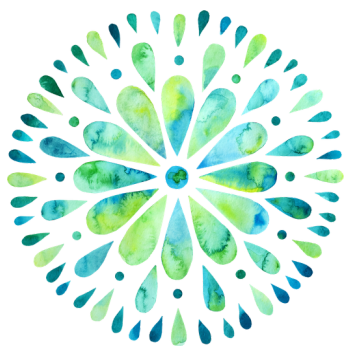
14

BACK TO SCHOOL
MINGLE BINGO



17

MANDALA COLORING



18

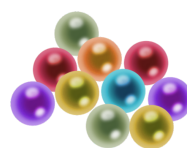
I SPY



19

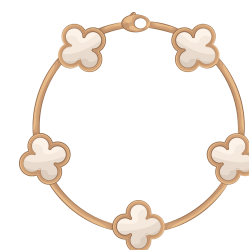
Wellness Wednesday

KINDNESS
STONES



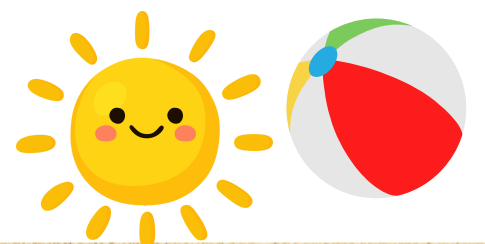
20

FRIENDSHIP
BRACELETS



21

SUMMER FOAM &
SELF-CARE



24

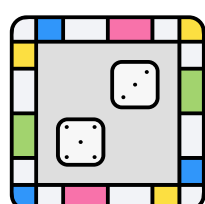
WELLNESS ROCKS



ROCK PAINTING;
CONTRIBUTE TO OUR
ROCK GARDEN

25

GAME DAY



26 *LATE START

NEST LEADER
MEETING PM



27

THE LORAX



28 *MINIMUM DAY

THE LORAX CONNECTS TO
MENTAL HEALTH BY
REMINING US THAT CARING
FOR OURSELVES, OUR
COMMUNITIES, AND THE
WORLD AROUND US HELPS
CREATE A HEALTHIER AND
MORE BALANCED LIFE.

31

THE LORAX

