The Nest
OHS WELLNESS

MONDAY - FRIDAY
8AM-4PM

October
WELLNESS CALENDAR

WELLNESS WEDNESDAY'S ACTIVITIES WILL BE HELD IN THE QUAD

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

THIS MONTHS THEME

Healthy living

*ALL ACTIVITIES TAKE PLACE IN THE CENTER DURING LUNCH UNLESS OTHERWISE NOTED.

1
ATHLETE WORKSHOP
11-11:48AM PER.2
VISIION BOARDS
CLINICAS

2
GAME DAY!

5
MINDFUL MONDAY DOODLES
CLINICAS

6
VISIION BOARDS
CLINICAS

Wellness Wednesday

7 *LATE START
NEST LEADER MEETING AM
HYDRATION STATION
CLINICAS LIFT

8 FINALS SCHEDULE
RATATOUILLE SHOWS HOW COOKING AND FOLLOWING YOUR PASSION SUPPORT HEALTHY LIVING AND HAPPINESS.
CLINICAS

9 FINALS SCHEDULE

Wellness Wednesday

12
NO SCHOOL

13
PLUSHIE PUPPY YOGA
CLINICAS

14
BOO-TIFUL AFFIRMATIONS
CLINICAS LIFT

15
FARM 2 SCHOOL
HARVEST OF THE MONTH
CLINICAS

16
GAME DAY!

Wellness Wednesday

19
MINDFUL MONDAY ISPY

20
WELLNESS WANDS✨
CLINICAS

21 *LATE START
SELF-CARE COUPONS
UNITY DAY
CLINICAS LIFT

22
WELLNESS WANDS✨
CLINICAS

23
GAME DAY!

Wellness Wednesday

26
MINDFUL MONDAY WORDSEARCH

M A N L J H U T F N L B T I
O S L I T T A K V W G I Q I
N J E G V V L U C I N E K R
V I S C H I O R U Q U U Q S
Q K B A B B O N A T A L E W
K V P A N E T T O N E I F K
V I U N A S T R I N N E V E
I H R E G A L I V E U Z G J
Y A N G E L O J R A N T S X
S T E L L A Y X B N A S T C
E L F O F F B I S C O T T I
B P I A L B E R O G A H I X
O K D G H I R L A N D A S K
A I P V Q K D K F R E N N A

27
OFRENDA MAKING
CLINICAS

28 *LATE START
NEST LEADER MEETING AM
PREVENTION AWARENESS
CLINICAS LIFT

29
OFRENDA MAKING
CLINICAS

30
GAME DAY!

RED RIBBON WEEK!

The Nest
OHS WELLNESS

LUNES - VIERNES
8AM-4PM

Octubre

CALENDARIO BIENESTAR

2026

LAS ACTIVIDADES DEL MIÉRCOLES BIENESTAR SE REALIZARÁN EN EL PATIO

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES

TEMA DEL MES

Vivir Saludable

*TODAS LAS ACTIVIDADES SE REALIZAN DURANTE EL ALMUERZO, A MENOS QUE SE INDIQUE LO CONTRARIO.

1
TALLER PARA ATLETAS
11-11:48AM PER.2
TABLERO DE VISIÓN
CLINICAS

2
DIA DE JUEGO!

5
LUNES CONSCIENTE
GARABATOS

6
GHOSTING BAD HABITS
CLINICAS

Miercoles Bienestar

7 *INICIO TARDE
JUNTA DE LIDERES AM
ESTACIÓN DE HIDRATACIÓN
CLINICAS LIFT

8 HORARIO DE FINALES
RATATOUILLE SHOWS HOW COOKING AND FOLLOWING YOUR PASSION SUPPORT HEALTHY LIVING AND HAPPINESS.
CLINICAS

9 HORARIO DE FINALES

Miercoles Bienestar

12
NO HAY CLASSES!

13
YOGA CON PERRITOS DE PELUCHE
CLINICAS

14
AFIRMACIONES BOO-NITAS
CLINICAS LIFT

15
FARM 2 SCHOOL
COSECHA DEL MES
CLINICAS

16
DIA DE JUEGO!

Miercoles Bienestar

19
LUNES CONCIENTE
YO VEO

20
VARITAS DE BIENESTAR ✨
CLINICAS

21 *INICIO TARDE
CUPONES DE AUTOCUIDADO
DIA DE UNIDAD
CLINICAS LIFT

22
VARITAS DE BIENESTAR ✨
CLINICAS

23
DIA DE JUEGO!

Miercoles Bienestar

26
MINDFUL MONDAY
WORDSEARCH

M A N L J H U T F N L B T I
O S L I T T A K V W G I Q I
N J E G V V L U C I N E K R
V I S C H I O R U Q U U Q S
Q K B A B B O N A T A L E W
K V P A N E T T O N E I F K
V I U N A S T R I N N E V E
I H R E G A L I V E U Z G J
Y A N G E L O J R A N T S X
S T E L L A Y X B N A S T C
E L F Q F F B I S C O T T I
B P I A L B E R O G A H I X
O K D G H I R L A N D A S K
A I P V Q K D K F R E N N A

27
HACIENDO OFRENDA
CLINICAS

28 *INICIO TARDE
JUNTA DE LIDERES AM
CONCIENCIACIÓN SOBRE LA PREVENCIÓN
CLINICAS LIFT

29
HACIENDO OFRENDA
CLINICAS

30
DIA DE JUEGO!

SEMANA DE LA CINTA ROJA!