PUEBLO SCHOOL DISTRICT 60
DISTRICT WELLNESS

OCTOBER
WELLNESS CONNECTIONS

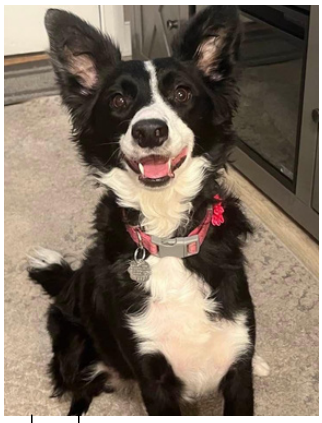
CORPORATE CUP

We had a great Kickoff Day and Corporate Cup turnout this year!

Please keep an eye on your emails for information about winners, medals, prizes, and more.

Thank you to all our participants, please continue to proudly wear your Team D60 shirts. If you would like a Corporate Cup T-shirt, please send an email to Wellness. Sizes are limited, but Team Spirit is forever. T-shirts are $10 to match with your peers (A.K.A. Teammates).

PET OF THE MONTH



Meet Bella!

VERONICA RAMPA AT COLUMBIAN SAYS "BELLA LOVES BELLY RUBS, KISSING MOM, CAN OUT RUN ANYONE, AND WILL CATCH EVERY BALL AND STICK YOU THROW TO HER!"

Send in your best pet photo with some of their fun facts to be featured in the future!

50 DAY CHALLENGE

50 days of healthy habits challenge continues!

Choose your goals in various aspects of wellness and see what you can accomplish!

PARTY PACKS

Wellness has Party Packs to check-out for your next class party! They include various activities, prizes, and ideas for making a healthy, fun, and interactive party in your classroom!

UPCOMING CHALLENGE...

MAINTAIN, DONT GAIN CHALLENGE:

GATHER YOUR TEAM!

Gather a team of your peers in your school or across the district, or go solo to compete in healthy challenges from November to January to "Maintain, Don't Gain" during the holidays.

Register HERE to participate:

SCAN ME

OCTOBER IS NATIONAL FARM TO SCHOOL MONTH- LOOK FOR CO PROUD ITEMS IN YOUR CAFETERIA!

NATIONAL WALK AND ROLL TO SCHOOL DAY: OCTOBER 7TH!

CANDY

CANDY

REMEMBER... ENJOY YOUR HALLOWEEN, ALLOW YOURSELF SOME TREATS-MAYBE A FEW TRICKS, AND PACE YOURSELF TO AVOID OVEREATING. YOU CAN HAVE SOME CANDY NOW, AND ALSO HAVE SOME LATER!

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

WELLNESS.COORDINATOR@PUEBLOD60.ORG