November Wellness Connections

PUEBLO SCHOOL DISTRICT 60
DISTRICT WELLNESS

Did you know D60 has policies regarding snacks and wellness? These policies are regulated by the USDA.
See more: https://www.pueblod60.org/departments/district-wellness

Maintain, Don't Gain.

If you haven't yet registered for the upcoming challenge, there is still time! Maintain, Don't Gain will run Nov.-Jan. as a series of challenges to help you stay well and "on track" over the holiday season. Don't wait for the New Year, start now!

Register with the QR code to compete solo or with a team for the chance to win a prize!

Pet of the Month

Valerie Adell from Heaton MS wants to share her handsome husky Juno! Valerie says,



"He loves long walks where he takes the reins, playing in the snow, and head scratches." Her husband says Juno waits by the back door every day until she gets home.

If you'd like your pet to be featured in the Wellness Connections Newsletter, email Wellness.Coordinator@PuebloD60.org

Corporate Cup Highlights

Thank you all for your competitive participation in this year's Corporate Cup. **Team D60 took 1st place** in Kickball, Softball, and Team Management, and **3rd place overall in Division 3!** In Cornhole and Battleship (pictured below), we placed 2nd. D60 got 2nd and 3rd place for Bowling, 2nd and 4th place in Pickleball, and placed 3rd in the Health Challenge. **Congratulations Team D60!**

50 Day Challenge Due! Send your completed challenge to Wellness for the chance to win a prize!

What Fruits and Vegetables are "In Season" in CO?

- Squash- butternut, spaghetti, and PUMPKIN
- Root vegetables- beets and carrots
- Apples
- Mushrooms, potatoes, tomatoes, and cucumbers grow year-round

***Fruits and vegetables that are "in season" are often at peak flavor, freshness, and nutritional quality!**



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This institution is an equal opportunity provider.