2026

September Wellness Connections

PUEBLO SCHOOL DISTRICT 60
DISTRICT WELLNESS



NEW DISTRICT WELLNESS COORDINATOR- MORGAN ADAMS

Morgan holds a Master's Degree in Nutrition and Dietetics and is a Certified Personal Trainer.
Morgan is looking forward to bring new wellness opportunities to D60, build connections, and have fun with food, fitness, and wellness together!
Morgan is excited to get to know the D60 community and helping make wellness approachable and enjoyable for everyone!

MEET NOLA AND STANLEY, OUR PETS OF THE MONTH!

NOLA is about to turn 3 years old! She is a cattle dog mix and comes from a farm in Olathe. She loves to run fast, hike, and eat fruits and vegetables.

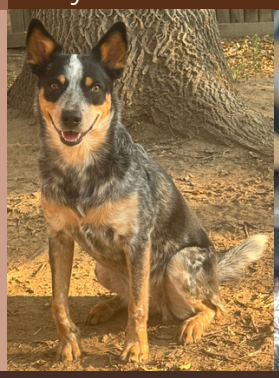
Stanley is the award winner of "Littlest Handsome," due to his charming looks, fancy haircut, and striped pants. He enjoys cuddling and warm blankets.

NOLA and Stanley are Morgan's second favorite topic to talk about!

Send in a pic of your special friend to Wellness to be featured in the newsletter!

CORPORATE CUP!

We are excited to see everyone show off their team spirit! Corporate Cup kicks off with the 5K race 9/12/26 at 7:45am. Come join us for some friendly competition fun in the community!





PLANNING A SPIRIT WEEK?

Remember the importance of following **Smart Snacks** while showing school spirit - check out the Spirit Week Smart Snacks!

OCTOBER CHALLENGE

Join Wellness for a 50 day challenge to build new, healthy habits, and the chance at a Wellness prize! Don't wait until Monday to start, begin your new routine NOW. This month challenges you to complete one goal from each category of: activity, nutrition, hydration, sleep, and mindfulness. Watch yourself change over the next 50 days, as you embrace wellness from all angles!

PLAN FOR YOUR FALL FLU SHOT:

Kaiser Permanente's 2026–2027 seasonal flu shots are available via walk-in and scheduled clinic visits starting **September 1, 2026 through October 30, 2026.**
Saturday walk-in flu shots are available from 10 a.m. to 2 p.m. at select locations on September 19, September 26, October 3, and October 10.

DOES YOUR SCHOOL HAVE A GARDEN OR GROW TOWER?

Reach out to Wellness for education, supplies, and planning for your school garden or grow tower!



wellness.coordinator@pueblod60.org

This institution is an equal opportunity provider.