



Applegarth School Wellness Week 3/18 - 3/22/2019

The Applegarth Elementary Wellness Council scheduled a series of activities and workshops to promote health and wellness within the school. The theme for the week was *building healthy habits*. A kinesthetic lab was set up in the commons and each class got to visit the lab to learn fun ways to work out. To encourage more physical activity, the students were asked to sign a “no screen time” contract for a day. The

cafeteria staff sampled a healthy food each day during wellness week and participating students received an “I Tried It” sticker. These foods included edamame, blueberries, cowboy salad and tabbouleh. To add some friendly competition, all of the classrooms entered a “healthy habit” door decorating contest. Winners received extra recess time. A special emphasis was also placed on mindfulness and mental relaxation for the week. Brain breaks were taken every day and calming music was played over the loud speaker. Applegarth is committed to district wellness and promotes healthy lifestyles for students and staff!