



Brookside School Wellness Week 5/28 – 5/30/19

The Brookside Elementary Wellness Council scheduled a series of activities and assemblies to promote health and wellness within the school. To kick off Wellness Week, a Walk-A-Thon was held for each grade level to highlight the importance of daily physical activity. The students also attended an assembly which covered key topic areas in health and nutrition. Every student received a Wellness Chart to track their efforts and progress in healthy behaviors. Throughout the entire weekend students and staff dressed in active wear, again to promote the importance of exercise. Teachers also conducted push up, sit up and jumping jack class competitions. Midway through Wellness Week the students participated in their annual field day. To close out the fun filled week Mrs. Chu hosted a school wide dance party. Brookside is committed to district wellness and promotes healthy lifestyles for students and staff!