



## **Barclay Brook Wellness Week 5/27 - 6/6/2019**

The Barclay Brook Elementary Wellness Council scheduled a series of activities to promote health and wellness within the school. The staff highlighted the importance of good nutrition and a physically active lifestyle. To kick off Wellness Week students participated in Field day A "Be Fit" assembly. Barclay Brook staff reached out to the parents and asked they send in their child with a healthy snack all week. The class with the highest participation percentage from each grade level was rewarded by receiving extra recess time. During this week there were also stations set up in the cafeteria daily where students could try healthful foods. These

foods included cherry tomatoes, baby carrots, wax beans, broccoli and blueberries. Students who participated then received an "I Tried it sticker." In order to teach the children the importance of mental health, students and staff members participated in brain breaks and yoga. To promote a physically fit lifestyle, students and staff members dressed in "active wear" all week. Additionally, the teachers replaced academic homework with fitness homework and asked the students to send in pictures of their healthy habits. Barclay Brook is committed to district wellness and promotes healthy lifestyles for students and staff.