



High School Wellness Week 4/28- 5/3/2019

The High School Wellness Council's main initiative for Wellness week was to educate and support the staff on all dimensions of health. Throughout the week, every day a wellness tip was e-mailed to the staff. These tip topics included skin protection, mental health, staying hydrated and blood pressure. The PTO kindly provided SPF Lip Balm to the staff as a way to encourage protection of the skin from the sun. The Main Office scheduled mini walks around the building to encourage exercise and to ease mental stress. Additionally, the main office set up a hydrating station where they provided various fruit infused waters. Lastly, the school nurse invited all staff members down to her office to test blood pressure, as blood pressure numbers can be a good indicator of overall health. The High School is committed to district wellness and promotes healthy lifestyles for students and staff!