



Woodland School Wellness Week 5/28 - 5/31/19

The Woodland Elementary Wellness Council scheduled a series of activities to promote health and wellness within the school. To kick off the week, the 5th grade students had their annual field day. The following day was the 4th grader's field day and on the third day there was a unified PE day. The field day's activities included tug-a-war, soccer ball dribble, a basketball shootout, 50 yard dash, a Frisbee toss and more! Throughout the week the "Character Crew," a group of 5th graders, highlighted the importance of mental health through yoga and mindful quotes. Earlier in the school year Woodland's school nurse took initiative to educate the staff on heart healthy habits. Throughout the month of February, the nurse sent out e-mails informing the staff about a healthy diet, exercise, safe cholesterol levels and provided healthy recipes. The last day of February she brought in healthy snacks for the staff. Woodland is committed to district wellness and promotes healthy lifestyles for students and staff.