
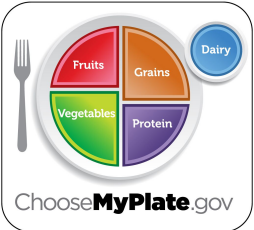
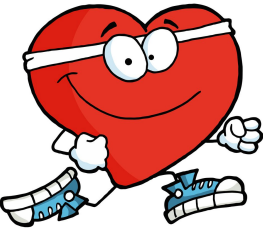









# Ken-Ton District-Wide Wellness Week 2018

## March 12th - 16th

March 12th is the kick-off of Wellness Week in Ken-Ton. We will be celebrating with daily themes and activities to promote health and wellness.

<p><b><u>Monday March 12th</u></b> "Love and Mindfulness Monday"</p> <p>Show your Buffalove by wearing your favorite Buffalo gear to kick off Wellness Week.</p>  <p>Encourage your friends and classmates to respect differences by being mindful or starting a pay it forward movement. Initiate a PBIS flood for students exhibiting kind and thoughtful behaviors.</p>	<p><b><u>Tuesday March 13th</u></b> "Show your Colors" for Healthy Eating</p> <p>Wear your class assigned color from the choose my plate food groups to show how important it is to make healthy eating choices.</p>  <p>Check out the Food Service Lunch calendar for healthy lunch options and nutritional values.</p>	<p><b><u>Wednesday March 14th</u></b> "Workout" Wednesday</p> <p>Wear workout clothes or dress like your PE teacher or coach.</p>  <p>Participate in at least 60 minutes of moderate to vigorous physical activity today.</p>	<p><b><u>Thursday March 15th</u></b> "Superhero Strength Day"</p> <p>Dress as your favorite Superhero to display the importance of being strong and healthy.</p>  <p>Ask a teacher about the muscles in your body and why they are important to your health.</p>	<p><b><u>Friday March 16th</u></b> "Going Green" for St. Patrick's Day</p> <p>Wear Green today to show you will take the steps to protect our environment.</p>  <p>Do one activity to save the Earth by using the three R's: <u>R</u>educing what you throw away, <u>R</u>euse something, and <u>R</u>ecycle bottles, paper, or even a toy.</p>
	<p>K and 5 - Red 1 and 6 - Green 2 and 7 - Purple 3 and Staff - Orange 4 - Blue</p> 			

**HAVE FUN AND BE ACTIVE!**