

## **Wellness Week 2021 - April 19th to April 23rd**

Be A Wellness Week Warrior and Have The Opportunity to Win a Super Cool Hula Hoop!!!!

We are delighted to be able to celebrate our Wellness Week this year with a fun daily activity to promote our whole wellness: Mind, Body and Spirit. Complete the daily Wellness Activity and fill out the Wellness Week Warrior slot for that day. **At the end of Wellness Week all completed forms will be entered into a class raffle to win a Hula Hoop!!!**

Additionally, PFC has purchased a new **AT-HOME Physical Activity Tracker**. All students can log in to their accounts to log their physical activity at home. For students that log at least 10 minutes of activity per day this week they will get a raffle ticket for the class Hula Hoop contest (for 2 chances to win, complete all Wellness Week activities **AND** 10 minutes of activity per day!). <https://www.studentlaptracker.com/at-home/student-instructions?ot=d412cf080e054686a31ba56ab5dbb712>

Name: \_\_\_\_\_ Class: \_\_\_\_\_

**(Check off each day that you complete.** We are using the honor system to self report.)

\_\_\_\_\_ **Day 1 (4/19): Mindful Monday:** Screen time challenge!!! Remove 1 hour of screen time today (phones, ipads, gaming systems). Homework doesn't count. Do something else instead such as: exercise, drawing/arts/crafts, play a musical instrument, sit quietly and "just breathe" for a few minutes. **Try out this 1 minute meditation:**

<https://www.youtube.com/watch?v=F6eFFCi12v8>. **Tell us how you did?**

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\_\_\_\_\_ **Day 2 (4/20): Tasty Tuesday:** Let's eat healthy!!! Have you ever heard the phrase - "You are what you eat"? It's true! Everything we put in our body either nurtures or slows down our biological engine. Eat at least one piece of fruit in the morning (with breakfast or as a snack) and ideally 2 vegetables with lunch/dinner or as a snack. See if you can cut out sugar today. **Try making the "Chaparral Smoothie:"** 1 Cup Frozen Blueberries, 1 Banana, 1 Cup Milk (regular or plant based), 1 Cup Spinach, 1 tsp Vanilla Extract. **Tell us how you did?**

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\_\_\_\_\_ **Day 3 (4/21): Workout Wednesday:** Get some exercise today!!! You can walk, jog, run, jump rope, do jumping jacks, skip, hop, do push-ups, sit-ups, planks, practice your favorite sport, dance. Try out our 7 minute workout [Video](#) or go for a Family Walk. Here's a link to some awesome walks and trails in our community that would be a great way to get exercise today. [Local Hiking Trails Link](#). **Tell us how you did?** \_\_\_\_\_

**(TURN OVER FOR DAY 4 & 5 ACTIVITIES)**

\_\_\_\_\_ **Day 4 (4/22): Thirsty Thursday & Earth Day!:** Let's drink some water!!! Did you know kids should be drinking 6-8 glasses of water a day -that's 48-64 ounces! Learn some helpful tips on how to conserve water and support Mother Earth by **reading this article:** <https://wellawareworld.org/blog/four-things-you-can-do-this-earth-day-to-save-water-and-make-a-difference>. **Tell us how you did?** \_\_\_\_\_

\_\_\_\_\_ **Day 5 (4/23): ReFreshed Friday:** We need our sleep!!! Sleep helps us grow, restore and stay healthy. Every child needs an average of 9 to 11 hours of sleep a day to maximize health. Read this article on how to create healthy sleep habits for kids: <https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/healthy-sleep-habits-for-older-children-and-teens>. **Tell us how you did?** \_\_\_\_\_

Well Done!!! You have completed the Wellness Week Challenge!!! You are a Wellness Week Warrior!!!

**Please turn in this completed sheet to your teacher** to be entered into the Wellness Week Raffle for the Opportunity to win a Super Cool Hula Hoop!!!

P.S. YOU CAN USE THESE WELLNESS TIPS EVERYDAY TO KEEP YOUR BODY, MIND AND SPIRIT HEALTHY IN EVERY WAY!!!!

Dear Teachers!

Thank you for your support in making next week's Wellness Week fantastic! We wanted to make this year's Wellness week extra special since many of us need some extra inspiration to get healthy post-COVID quarantine!

Please help us in inspiring the children to get moving and get healthy. Here are a few quick things we would love your help with:

1. Please distribute these handouts to your children on Monday 4/19.
2. Please see the digital file of this handout from the PFC President in our Parentsquare message to staff so that you can easily **cut and paste each day's Wellness Activity into your daily Asynchronous work that you post online for your students.**
3. If your time permits, you may use the new Student Lap Tracker cards (provided attached) to let your students run laps on our new track and scan their cards using the Student Lap Tracker App that is available on your phone's APP store.
4. Install the Scanner App on your phone:  
Search for Student Lap Tracker in the App Store or in Google Play.  
You can also log in to this website from your phone and use the links on the home page under Quick Actions. As a teacher, you can log into the app with a "Scanner-Only" account. **Your Scanner-Only account is username "scanner621" and password "chaparral."** If you would like to run a report on your class's laps at any time, please email [chaparralpfc@gmail.com](mailto:chaparralpfc@gmail.com).

Thank you!!!!

Your PFC Presidents & Wellness Committee Team

Grace Fisher, Julie Berkus, Lindsay Vaisman

Mairead MacMullen, Natalie Walters, Jodi Dalyai