

Wellness Week - March 5th - 9th

Dear Families,

We are celebrating our 2nd year of Wellness Week. Last year was a great success! We want to continue to focus on nutrition and physical activity to promote good health.

We will have the obstacle course available at all the gym classes during that week. The children will be encouraged to bring in veggies as part of their own snack on Tuesday and fresh fruit as part of their own snack on Wednesday.

Upper grade students and teachers had so much fun at the basketball game last year that it is now becoming a new tradition! The game will be held on Friday, March 9th at the end of the school day. The lower grades will continue to participate in movement and dance in their classrooms.

To involve our great Noecker families, take a picture of your family exercising together. Include Spunky, our Lester C. Noecker Owl (see attached), in the picture and send it in. We will display it here at school.

Thank you for your participation!!

From the Wellness Committee

WELLNESS WEEK

March 5, 2018 - March 9, 2018

Committing to Wellness at Lester C. Noecker School

MONDAY MARCH 5th	TUESDAY MARCH 6th	WEDNESDAY MARCH 7th	THURSDAY MARCH 8th	FRIDAY MARCH 9th
				
“Obstacle Course”	“Veggie Day”	“Fruit Day”	“Spunky Day”	“Basketball Game”
Obstacle Course Challenge - All week during gym!	Bring in your favorite veggie for your snack!	Bring in your favorite fruit for your snack!	Send us a picture of your family exercising with Spunky , our Noecker owl!	Teacher vs. Student Basketball Game for upper grades. Dance and movement for lower grades!

