

Wellness Week - March 4th – 8th

Dear Noecker Families,

We are celebrating our 3rd year of Wellness Week. We want to continue to focus on nutrition and physical activity to promote good health here at school and at home.

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

Thursday, the 6th grade students will lead a round of Simon Says with the lower grades. Friday, the teachers will introduce a mindfulness/yoga break during the day for students to emphasize the importance of mental health!




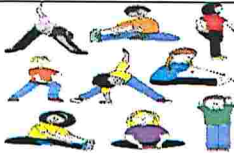
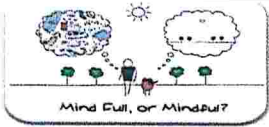
We want to thank you for your participation and encouraging good health!!

From the Wellness Committee

WELLNESS WEEK

March 4, 2018 - March 8, 2018

Committed to Wellness at Lester C. Noecker School

MONDAY MARCH 4th	TUESDAY MARCH 5th	WEDNESDAY MARCH 6th	THURSDAY MARCH 7th	FRIDAY MARCH 8th
 <p>“Obstacle Course”</p> <p>Obstacle Course Challenge - All week during gym!</p>	 <p>“Fruit Day”</p> <p>Bring in your favorite fruits for your own snack!</p>	 <p>“Veggie Day”</p> <p>Bring in your favorite veggies for your own snack!</p>	 <p>“Simon Says Stretch”</p> <p>The 6th graders will be leading the younger grades in a game of Simon Says featuring all of our favorite stretches!</p>	 <p>“Mindfulness/Yoga”</p> <p>Teachers will introduce a mindfulness/yoga break during the day!</p>