






Wellness Week - March 9th - 13th

Dear Noecker Families,

We are celebrating Wellness Week- an initiative to focus on student and family health and wellness. Healthy students learn better! This week we will focus on nutrition, physical activity, and mental health. There will be a different theme each day, see the schedule below. We will also be focusing on Kindness throughout week and how to be considerate of others and ourselves. Be prepared to de-stress, breathe, eat your fruits and veggies, and move your body. Feel good and live well during Wellness Week and every day! We encourage you to try some of these activities at home as well.

From the Wellness Committee.

WELLNESS WEEK
March 9, 2020 - March 13, 2020
Committed to Wellness at Lester C. Noecker School

MONDAY MARCH 9th	TUESDAY MARCH 10th	WEDNESDAY MARCH 11th	THURSDAY MARCH 12th	FRIDAY MARCH 13th
 <p style="text-align: center;">“Obstacle Course”</p> <p>Obstacle Course Challenge at gym. All week!</p>	 <p style="text-align: center;">“Fruit Day”</p> <p>Bring in your favorite fruits for your own snack!</p>	 <p style="text-align: center;">“Veggie Day”</p> <p>Bring in your favorite veggies for your own snack!</p>	 <p style="text-align: center;">“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 style="text-align: center;">“Mindfulness at GLPE”</p> <p>Mindfulness with a focus on Kindness at GLPE. All week!</p>