



## MUNSEY PARK HEALTH + WELLNESS WEEK 2022

Please join classroom teachers, physical education coaches and students at Munsey Park in **Health and Wellness Week 2022!** For five days starting Monday, January 24, the schools will come alive to inspire good eating habits, encourage healthy movement, and support stress and anxiety management. The activities planned for the week will supplement the dedicated work of educators at Munsey Park to continue to help our children thrive academically, physically and emotionally. Look out for these activities below plus more surprises throughout the week!

### NUTRITION



We're inspiring students to **Eat The Rainbow!** this week and discover the multitude of benefits of colorful fruits and vegetables. This pillar will be brought to life via custom signage, fun interactive displays, and leave-behinds distributed in-class to inspire healthy eating at home.

RESOURCE for PARENTS: See attached Eat the Rainbow

### PHYSICAL ACTIVITY



We're inspiring students to **Move Their Bodies!** this week with:

- Daily Dance Breaks! Led by Principal Altman over the loudspeaker
- The Winter Olympics kick-off in physical education class with a Torch Relay!

RESOURCE for TEACHERS + PARENTS: [YOGA CLASS](#) LINK

### MINDFULNESS



It's been a stressful few years to say the least. So we're encouraging **MINDFULNESS AND KINDNESS AMONG STUDENTS** by:

- A school-wide moment of morning mindfulness over the loudspeaker
- Chalk the Walk: Students can write positive affirmations with chalk placed on the playground and throughout the school.

RESOURCE for PARENTS: See attached Deep Breathing - Shapes