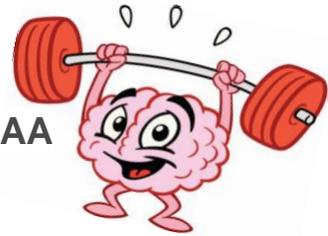




# Immaculate Conception Catholic Academy

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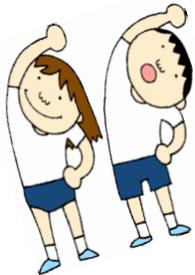


Immaculate Conception Catholics Academy and The HAA

Presents:

## Wellness Awareness Week

5/3-5/8



***“When our bodies feel right, our minds work right!”***

**Join us, as we host our first wellness awareness week!**

**May 6<sup>th</sup> Try it Monday:** Taste the rainbow on Monday during lunch! Different fruits and vegetables will be provided to the students to taste. Dr. Chung, from ProHealth Dental will visit us to talk about brushing, flossing and good oral hygiene.

**May 7<sup>th</sup> Take A Moment To Breath Tuesday:** Students will get a chance to take a moment and focus on themselves by taking a big breath in and out. Breathing is just one of many skills that can be used to increase your performance, or just relax from a stressful day.

**May 8<sup>th</sup> Caught You Eating Healthy Wednesday:** The students will be encouraged to bring to lunch a meal that is wholesome and rich in nutrition, that follows “choose-my-plate” guidelines. Students that participate will be taken a picture of and will be featured on a collage that will be placed on the blackboard in the cafeteria in recognition of their awareness in healthy food choices.

**May 9<sup>th</sup> Thursday, Recess Rocks:** Fitness instructors from local fitness schools will spend 20 minutes with the students teaching them and hopefully inspiring them to get up and move. We are hoping for fitness instructors from Zumba, Muay Thai, and Yoga.

**May 10<sup>th</sup> Take the Pledge Friday:** Students will pledge towards a one hour screen free weekend to encourage them to put down the electronics and do something active. All students who sign and returned the form to school on Monday will be entered in a prize raffle.

***Let us instill healthy habits in our children that will last a lifetime!***

*Our Mission is to provide every child with a safe and nurturing environment that facilitates a love of learning as well as a love for God, others, and self.*