



Wow Us With Wellness Challenge

"Encouraging Healthy Habits for DIS Students and Families"

1st Quarter: August 19th-October 18th

Complete at least 5 items and 1 from each category

Submit your participation checklist online - Deadline 10/18 –

at www.dispta.org/wow or through google classroom

Take part in quarterly photo contests!

Submit photos through your homeroom teacher (or to Nurse Cohen at CohenA@bcstdschools.net)

Find complete instructions and resources at www.dispta.org/wow

.....Nutrition.....

- Eat at least 2 servings of vegetables per day, 5 or more days per week.
- Participate in a cafeteria vegetable tasting and tell a parent or caretaker.
- Learn why water is usually the best choice. Support the Student Council & DIS Wellness Water Drinking Campaign by bringing your own water bottle to school and events.
- If you pack your lunch, include a fruit, vegetable, lean protein and whole grain (or extra veggies).
- Support the Green Heart Project and our DIS Community Garden, participate in the garden work day in on 9/21.

.....Fitness.....

- Engage in physical activity (other than PE or organized sports) 10 or more minutes per day, 3 or more days per week, with at least one other member of your family.
- Accumulate at least 60 minutes a day of moderate to vigorous aerobic activity at least 5 days a week.
- Participate in a local race such as the Heroes Run (9/7), Turtle Trek (9/21), or She Tris Triathlon (10/5).
- Bike or walk to school 3 or more days per week.
- Participate in the DIS Boosterthon Fun Run or Color Run on 9/19.

.....Mindfulness/Lifestyle.....

- Practice mindfulness - yoga, meditation, spiritual or other moment of reflection, etc. 3 or more times per week.
- Get your recommended hours of sleep 3 or more days per week.
- Choose active time (bike ride, pick-up basketball game, etc.) over screen time 2 or more times per week
- Attend the Back to School Night celebration and visit the DIS Wellness table to learn more about the Wow Us With Wellness challenge and the Green Heart Project, an exciting gardening curriculum new to DIS this year!
- Visit the Bike Safety tent at Back to School Night to review bike safety tips and receive a free bike light.

Questions? Email Wellness Coordinator Andrea Jones at anny1130@hotmail.com

Turn over to learn about other amazing wellness initiatives at Daniel Island School!!