

### 3<sup>rd</sup> Quarter Wow Us With Wellness Challenge

(For reference only! Submit during the week of 3/11 at [www.dispta.org/wow](http://www.dispta.org/wow) )

**Complete at least 5 items this Quarter - see [www.dispta.org/wow](http://www.dispta.org/wow) for information and resources on many of the activities listed below:**

- 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 about it.
- Rethink your drink! Learn why water is usually the best choice and support the Student Council & DIS Wellness Water Drinking Campaign.
- Engage in physical activity (other than PE or organized sports) 10 or more minutes per day, 3 or more days per week, with 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 The Great Amazing Race (1/26), Cupid's Chase 5k (2/9), or Catch the Leprechaun 5k (3/14)
- Bike or walk to school 3 or more days per week.
- ✓ Jump Rope and Hoops For Heart are starting soon! Keep your heart healthy and start practicing by jumping rope and/or shooting hoops outside of school 10 or more minutes per day, 1 or more days per week.
- ✓ 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.\*
- ✓ Commit to "Pick One WELLthy Resolution" the entire quarter.\*
- ✓ Attend the Family Sweetheart Social (2/13) and visit at least two of the active stations at the event.

### WOW Us With Wellness Challenge Instructions

1. Complete at least 5 items in the 3<sup>rd</sup> Quarter Challenge. The activities are organized into different aspects of wellness (nutrition, fitness, lifestyle/mindfulness) and we encourage you to try to complete at least one item from every category of the challenge. Some activities are one-time events, but most are meant to be completed each week during the entire challenge period.
2. The list is here for reference only. **At the end** of the challenge period we'll post a link that will allow you to submit your entry. The link will be available at [www.dispta.org/wow](http://www.dispta.org/wow) during the week of 3/11, the last week of the challenge, and reminders will be posted.
3. Share your photos! Information about the "WELLthy Resolutions" photo challenge for 3<sup>rd</sup> quarter will be coming soon! Participate in our Wow Us With Wellness photo gallery by sharing photos (with a parent's permission) of you and your family completing one or more of the challenge activities. Please be mindful if there are multiple children in the photo that you have permission from all the parents to share! You can email digital photos to Nurse Cohen at [CohenA@bcscdschools.net](mailto:CohenA@bcscdschools.net), or send hard copies to your homeroom teacher, labeled "Attention Nurse Cohen". Be sure to include a name, grade, and teacher for every student in the photo, as well as a description of the activity shown. The Wow Us with Wellness photo gallery is located on the bulletin board next to the PTA room in the E hall.
4. Win prizes! This quarter, participants in the WOW Us With Wellness Challenge have the opportunity to win tickets to a **Charleston RiverDogs baseball game!** We have family 4 packs of game tickets to raffle off to 25 lucky Wow Us With Wellness Challenge participants! We will also hold another photo challenge with prizes for the classrooms with the most participation!

\*Tons of additional challenge related information and resources (including recipes to add veggies to your breakfast, mindful breathing techniques and more) can be found at [www.dispta.org/wow](http://www.dispta.org/wow).

\*Don't Forget! Submit your completed challenge sheet during the week of 3/11 at [www.dispta.org/wow](http://www.dispta.org/wow)

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