

2nd Quarter Wow Us With Wellness Challenge

(For reference only! Submit during the week of 12/10 at www.dispta.org/wow)

Complete at least 5 items this Quarter - see 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.
- On Halloween -if handing out treats, include non-candy treats as an option and/or choose non-candy treats while trick or treating when available.
- Attend the Holiday Luminary Event on December 2nd and visit the Lowcountry Street Grocery mobile farmers market
- 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 Purple Haze 5k Dog and Dash (11/17), Turkey Day Run (11/22), or Reindeer Run (12/8)
- Bike or walk to school 3 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.*
- ✓ Write in a gratitude journal 1 or more times per week for at least 15 minutes.*

WOW Us With Wellness Challenge Instructions

1. Complete at least 5 items in the 2nd 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 during the week of 12/10, the last week of the challenge, and reminders will be posted.
3. Share your photos! Did you eat a new vegetable? Run a race? Try yoga for the first time? We want to know! 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@bcstdschools.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! Every participant in the WOW Us With Wellness Challenge will receive a quarterly participation prize and the opportunity to win additional raffle prizes! Last year, raffle prizes included a gift card to Tri-Everything, Glo for it 5k entry, Peace Love Hip Hop swag, and a free climb at Wild Blue Ropes!

*Tons of additional challenge related information and resources (including alternative Halloween treats, how to write in a gratitude journal and more) can be found at www.dispta.org/wow.

**Don't Forget! Submit your completed challenge sheet during the week of 12/10 at www.dispta.org/wow*

Email Andrea Jones at anny1130@hotmail.com or Courtenay.Fisher@yahoo.com with questions