

Wellness Weeks in May



May 1 - Be well for the earth

- i. May 1st - Morning Meeting Activities K - 8 (age appropriate) related to recycling -
- ii. May 2nd and 3rd - All students who pack a waste-free lunch, (Use a recycled container in lieu of items in bags, etc.), earn a ticket
 - a. [Poster](#)
 - b. [Waste Free Menu Temp](#)
- iii. May 4th - Suggested parent / community activity (on your own) - **Rumson Clean Up Your Parks Day!** (see fliers in *Virtual Backpack*)



May 8 - Bike to Ignite - Be well to yourself **BIKE to IGNITE**

- iv. May 7th - Morning Meeting activities related to pedestrian safety and Walk / Bike to School Day preparations
- v. Suggested parent activity - walk bike routes prior to the day to mark safe crossings; create a "walking school bus" with neighborhood children to all walk together
- vi. May 8th - Walk / Bike to School Day; all students who participate receive a ticket
- vii. May 8th - Brain Breaks encouraged to add movement in classes (ex. Go Noodle)
- viii. On May 8th - Mix It Up at Recess, Grades 4 - 8 - Physical Fitness stations with task cards at recess; all students who participate, receive one raffle ticket per station



May 15 - Be well for your social-emotional side

The District will also celebrate Special Education Week - May 12, 2019 – May 18, 2019

- ix. Screen Free Week Challenge at home (May 12 - 18); see links below as resources
 1. [Family Guide](#)
 2. [Activity template](#)
 3. [Activity Log](#)
 4. [101 Screen Free Activities](#)
- x. May 14th - Morning Meeting activities related to Screen Free alternatives such as reading and celebrating differences in all
- xi. Screen Free Day in school on May 15th as well as "No Homework Day"
- xii. Turn in an Activity Log for the week to Ms. Perinik, Ms. Copman, or Ms. Pearson, earn a ticket for each day
- xiii. May 15th - Make a new friend - Mix It Up at Lunch, Grades K - 8



May 22 - Be well for your mind

- xiv. Mix It Up in the AM - Join Boomer and Ms. Holmes for Yoga in the Forrestdale Gym before school (K-8) - 8:00 AM (get a ticket if you attend); parents welcome to attend!
 - 1. Bring a towel
- xv. Morning Meeting activities related to the eight types of mindful breathing and recognizing emotions
- xvi. Mindfulness near the Pond (FD Gym if rains) in the PM with Kate Kret and Maura Bradley (K-8) from 3:15 - 4:00 PM (get a ticket if you attend); parents welcome to attend!
 - 1. Bring a towel

Research about mindfulness for parents: *Practicing mindfulness techniques can help children change their mindset from a FIXED mindset to a GROWTH mindset. First, mindfulness can help children feel empowered, so they can learn to try new things and take more risks. Second, using mindfulness techniques like deep breathing and tensing and relaxing the muscles can help children overcome anxiety when they make mistakes. Third, by promoting self-love and self-compassion, mindfulness activities can help children overcome negative self-talk and help with self regulation. See the Virtual Backpack for “5 Mindfulness Activities for Children.”*

May 29 - Be well for your body (what you eat and drink)

- xvii. Nutrition (K-8) , Hydration (4-8), Sleep (6-8)
 - 1. Hydration tips for parents
 - a. [5 tips to increase hydration](#)
 - 2. Mix It Up in the Cafe - Make a good food choice in Cafe, try something new and earn a ticket
 - a. Menu forthcoming from **Simplified Culinary**