









BARBER NATIONAL INSTITUTE  
Elizabeth Lee Black School  
WELLNESS ACTIVITY CALENDAR  
2017-18



MONTH	EVENT	COMMENTS:
September	<b>Wellness</b> – inside, outside, in gym, in fitness, in biking, in the pool, in PT and OT, classroom yoga, on the playground...where are you going and how are you moving?	<b>Move ....Some way, every day.....</b> <b>Make Healthy Easy!!!</b>
September	<b>Wellness and Safety Fair</b>	<b>Organized by your Employee Wellness/Safety Committee - share the info and apply in your room</b>
September		<b>September is Whole Grains Month</b> <b>Fruits and Veggies – More Matters Month</b>
October	<b>Walk At School Day</b>  <b>Achilles International</b>	<b>Get your group moving today and keep tracking your walking</b>
October	<b>Amazing Apples</b> 	<b>Apples of all kinds in many ways!</b> <b>October is National Apple Month</b> <b>What's Wendy have special this month?</b> <b>What is your room's favorite color apple?</b> <b>Chart it!</b>
October	<b>National School Lunch Week</b> <b>Week of the 9th</b>	<b>Let's Grow Healthy! Our recipe for Success....</b>
November	<b>Thankful for Our Health!</b> <b>Achilles International Run Program</b>	<b>Make healthy choices – explore cornucopia of produce!</b> <b>Be sure to keep tracking your miles</b>
January	<b>Achilles International Run Program</b>	<b>Be sure to keep tracking your miles</b> 
February	<b>Heart Healthy Month</b> 	
March	<b>National School Breakfast Week</b> <b>Week of the 5th</b>	<b>I  School Breakfast!</b> <b>March is National Nutrition Month</b>
March	<b>Go for the Greens</b> <b>March 16<sup>th</sup></b> 	<b>How many green fruits and veggies will your try at lunch time?</b> <b>How about trying them at home?</b>
April	<b>Mini-Beast on the Bay</b>	<b>Conquer your beast!</b>
May	<b>School Lunch Hero Day!</b> <b>Friday May 5th</b>	<b>Celebrate those who make us healthy meals at school! What does your hero eat? How are you a healthy hero?</b>
May	<b>National Physical Fitness and National Bike Month</b>	<b><a href="http://www.fitness.gov">www.fitness.gov</a></b>
May	<b>Achilles International Run Program</b>	<b>Celebrating success!</b> 