










BARBER NATIONAL INSTITUTE
Elizabeth Lee Black School
WELLNESS ACTIVITY CALENDAR



2018-19

MONTH	EVENT	COMMENTS:
September	Wellness – inside, outside, in gym, in fitness, in biking, in the pool, in PT and OT, classroom yoga, on the playground –how are you moving?	MoveSome way, every day. Physical fitness, physical education, nutrition education and healthy school meals all add up a healthier school.
September	Wellness and Safety Fair September 13th	Organized by your Employee Wellness/Safety Committee - share the info/ apply in the room
September	Whole Grains and Fruits and Veggies – More Matters Month	Nutrition education about healthy eating
October	Walk At School Day- 10/10  Achilles International & Wee Walkers	Outdoor walk to breathe the fresh air and get moving. Keep your group moving every day! Tracking miles in gym class and more
October	Amazing Apples  October 24th	Apples of all kinds in many ways! October is National Apple Month What's Wendy have special this month? What is your room's favorite color apple? Chart it! SPECIAL EVENT – APPLE CRUNCH!
October	National School Lunch Week Week of the 15th	Let's Grow Healthy! Our recipe for Success....
November	Thankful for Our Health! Achilles International Run Program	Make healthy choices – explore cornucopia of produce! <i>Tracking your miles</i> 
January	Achilles International Run Program National School Choice Week	<i>Tracking those miles</i> <i>Special movement/dance in gym classes</i>
February	Heart Healthy Month 	Keep moving anyway and everyway – including Dancing with your Valentine!
March	National School Breakfast Week Week of the 4th March is National Nutrition Month	I  School Breakfast and Lunch! MY PLATE is balanced – is yours? Lots of lessons about balancing meals and all the food groups.
March	Go for the Greens March 13th 	How many green fruits and veggies will you try at lunch time? How about trying them at home?
April	Mini-Beast on the Bay – Date TBD	Conquer your beast!
May	School Lunch Hero Day! Friday May 3rd	Celebrate those who make us healthy meals at school! What does your hero eat? How are you a healthy hero?
May	National Physical Fitness and National Bike Month	www.fitness.gov Riding our bikes outside this month.
May	Achilles International Run and Wee Walkers Ceremony– TBD	Celebrating success! 
May	ELBS Volleyball Tournament dates TBD	Students and Staff have fitness fun together!