



BARBER NATIONAL INSTITUTE
Elizabeth Lee Black School
WELLNESS ACTIVITY CALENDAR
 2019-20



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? Move It Outside Day	MoveSome way, every day. Physical fitness, physical education, nutrition education and healthy school meals all add up a healthier school.
	FOUNDER’S DAY Wellness and Safety Fair September 19th	Organized by your Employee Wellness/Safety Committee - share the info/ apply in the room Get outdoors for our special visitors!
	Fruits and Veggies – More Matters Month Childhood Obesity Awareness Month	Nutrition education about healthy eating and exploring ways to keep moving – what’s your favorite fruit and veggie? Chart it, post it!
October 	Walk At School Day- Oct 10th Achilles International & Wee Walkers	Outdoor walk to breathe the fresh air and get moving. Keep your group moving every day! Tracking miles in gym and more.
	National School Lunch Week Week of the 14 th Fall Sensory Fun Fest –Week of 28th	Let’s Grow Healthy! Our recipe for Success.... Are you eating from all the food groups? Seasonal sensory fun in the gym
	 National Apple Month APPLE CRUNCH - October 23rd	Enjoy Amazing Apples in many ways! What’s Wendy have special this month? What’s your room’s favorite color apple? Chart it and post in the cafeteria or hallway. Look for APPLE specials during meals on 23 rd !
November	Thankful for Our Health! Move It Outside Day -TBD Achilles International Run Program	Make healthy choices – explore cornucopia of produce! <i>Tracking your miles</i> 
January 	Achilles International Run and Wee Walkers Ceremony– TBD Move It Outside Day -TBD	<i>Celebrating Tracking those miles</i> <i>Special movement/dance in gym classes</i>
February	Heart Healthy Month  Move It Outside Day -TBD	Keep moving anyway and everyway – including Dancing with your Valentine!
March	National School Breakfast Week Week of the 4 th March is National Nutrition Month	 School Breakfast and Lunch! MY PLATE is balanced – is yours? Lots of lessons about balancing meals and all the food groups.
	Go for the Greens  March 13 th Move It Outside	How many green fruits and veggies will you try at lunch time? Try them at home! What special outdoor movement will Brent plan?
April	Mini-Beast on the Bay –date to be set Every Kid Healthy Week – April 27th	Conquer your beast! Celebrate School Wellness Achievements
May	School Lunch Hero Day! Friday May 1st	<i>Celebrate those who make us healthy meals at school! What does your hero eat? How are you a healthy hero?</i>
	National Physical Fitness & Bike Month Move It Outside	Riding our bikes outside this month. How else do you move to be fit?
	Achilles International Run and Wee Walkers Ceremony– TBD	Celebrating success! 
	Move It Outside Day – May 1st	Turn off the screens and get outside. Enjoy activity ion the fresh air and reconnect with nature!
June	National Dairy Month Great Outdoors Month	Celebrate the end of another great school year – Dairy-licious treats outside at special event.