<table>
<thead>
<tr>
<th>MONTH</th>
<th>EVENT</th>
<th>COMMENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>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? <strong>Move It Outside Day</strong></td>
<td>Move …. Some way, every day. Physical fitness, physical education, nutrition education and healthy school meals all add up a healthier school.</td>
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|           | **FOUNDER’s DAY**  
Wellness and Safety Fair  
September 19th  
Fruits and Veggies – More Matters Month  
Childhood Obesity Awareness Month | Organized by your Employee Wellness/Safety Committee - share the info/ apply in the room  
Get outdoors for our special visitors! |
| October   | **Walk At School Day**- Oct 10th  
Achilles International & Wee Walkers  
**National School Lunch Week**  
Week of the 14th  
**Fall Sensory Fun Fest –Week of 28th** | Outdoor walk to breathe the fresh air and get moving. Keep your group moving every day! Tracking miles in gym and more.  
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 23rd! |
| November  | Thankful for Our Health!  
**Move It Outside Day** -TBD  
Achilles International Run Program | Make healthy choices – explore cornucopia of produce! Tracking your miles ….. |
| January   | Achilles International Run and Wee Walkers Ceremony – TBD  
**Move It Outside Day** -TBD | Celebrating Tracking those miles …..  
Special movement/dance in gym classes |
| 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 4th  
March is National Nutrition Month  
**Go for the Greens**  
March 13th  
**Move It Outside** |  I ❤️ School Breakfast and Lunch!  
MY PLATE is balanced – is yours? Lots of lessons about balancing meals and all the food groups.  
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  
**National Physical Fitness & Bike Month**  
**Move It Outside**  
Achilles International Run and Wee Walkers Ceremony – TBD  
**Move It Outside Day** – May 1st | Celebrate those who make us healthy meals at school!  
What does your hero eat? How are you a healthy hero?  
Riding our bikes outside this month.  
How else do you move to be fit?  
Celebrating success!  
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. |