

JEFFERSON TOWNSHIP SCHOOLS

WELLNESS WEEK 2025: FEBRUARY 18-21st

MONDAY *NO SCHOOL*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Theme: Healthy Habits	Theme: Tasty Tuesday	Theme: Exercise	Theme: Wellness Day	Theme: Rest
Taking good care of your body will help you stay healthy & happy. Bathe regularly, brush and floss teeth at least twice a day, and practice frequent handwashing.	Rainbows are amazing and beautiful- not just in the sky but on your plate. <u>Eat a rainbow of colorful foods daily to help your body get the nutrition it needs to stay healthy.</u>	When you exercise, you make your body stronger and healthier. <u>Be active today and every day. Your body will thank you.</u>	Taking care of your mind will help you focus and learn so you can grow up to be the best you can be! <u>Practice taking 5 deep breaths once every hour.</u>	School-age kids need 10-11 hours of sleep per night. <u>Be sure to go to bed between 8-9pm each night.</u>
NO SCHOOL!!!! Practice your healthy habits!	Dress colorfully today!	Dress in your most comfortable exercise clothes or sports attire.	Dress in what you want to be when you grow up!	Wear your PJs to school!
				