

Wellness Wednesday Bulletin

3/26/2025

For Students

Ages 2-14

 Derby Day is Back - April 26, 8am-10am, E.B. Rains Memorial Park, Northglenn. No registration required — just show up and cast your line. The first 250 kids will receive a goodie bag! 🎁

Ages 13-23

Free Career Week for GIRLs (CWG) Summer Camp - June 2-6, June 9-13 or June 23-27. This program is a great opportunity for young women ages 13-23 to learn about the incredibly diverse careers in construction and transportation. Visit <https://constructiongirl.org/career-week> to learn more. The deadline for applications is Mar 31.

Rising 6th Graders-Recent Graduates

Convivir Summer Program - this leadership program for immigrant youth encourages student ownership over their journey, so they can develop a better sense of self and put their agency into practice as they make a positive impact on their communities. Deadline to [apply](#) is Jun 7.

Grades 8-12

Girls Inc of Metro Denver - is enrolling youth in grades 8-12 for their Summer Teen Programs NOW! Use the QR code [at this link](#) to complete the Interest Form.

Ages 18-26

Museum of Contemporary Art (MCA) Denver Creators Studio Program - this collaborative, 8 week, paid internship experience for young adults brings together professional artists and young creators to build community and connections within the Denver art scene. Deadline to [apply](#) is Mar 31.

For Community

Check Out the New Five Star 5K Promo Video! - featuring students from The Studio School, Century Middle, and Northglenn High, as well as staff from Pathways! Don't forget to register before April 8 to be guaranteed a t-shirt! [Click this link](#). **Thank you to Raquel Williams and Damian Gonzalez** for making this happen!!

First Saturday Birding! - Apr 5, 7am, Croke Reservoir, Huron St & Naiad Dr, Northglenn.

Your Old Refrigerator Or Freezer Is Worth \$50 Cash - Xcel Energy will pick up the appliances and recycle them at no charge AND give you a \$50 rebate. [You'll find more info here](#).

Free Aurora Symphony Young People's Concerts - Apr 5 and 6, 3pm, Adams City High School. These concerts are fully bilingual English/Spanish events! Designed as a first-time concert experience for the youngest maestros, this special afternoon for kids and their families includes 45 minutes of music, plus stories, and special guests. While the event is totally free, organizers do ask that you [RSVP on their website](#) to secure a seat.

Get Tickets TODAY for Next Denver Zoo Free Day on April 6 - Starting at noon on Mar 26, [click here to get your Free Day tickets](#). Tickets are available first-come, first-served. Free tickets are not available onsite and walk-ups will not be permitted, and up to 5 tickets may be booked.

Colorado Music Festival Performs Free Family Concert - July 6, 10:30am, Chautauqua Auditorium in Boulder. The Festival will perform its [Family Concert: Sherlock Holmes and The Case of the Missing Maestro](#). Tickets sell quickly for this event so don't wait! [Get them here](#).



Natalya Walsworth
Make an [appointment!](#)

Check out
the new
content!

Staff Mental Health and Wellness Coordinator Corner

[Adams 12 Staff Wellness Website](#)

Wellness at Your Fingertips Home Job Support Crisis and Grief Support EAP (Employee Assistance Pro... Kaiser Resources Wellness Apps CU Teacher Support Resources More

Your Wellness Matters

Nurture your mind, nourish your life

Register for the Adams 12 Staff - More information below

Our Purpose

Our mission is to inspire educators to nurture and prioritize their mental wellness by fostering a compassionate, caring, and brilliant community working together as one.

In order to do that, you need resources at your fingertips that are easy to access. This site is set up to do just that. It serves as a one stop shop for mental health and wellness resources available to Adams 12 staff.

Wellness Wednesday Bulletin

March 19, 2025

[Previous Bulletin's](#)

Wellness Wednesday Bulletin
03/19/2025

Our Bulletin	Our Staff	Our Community
Wellness Wednesday Bulletin This week's bulletin focuses on the importance of self-care and how it can impact our overall well-being. We will explore various self-care practices and how to incorporate them into our daily lives.	Staff Spotlight We are proud to highlight the dedication and hard work of our staff members. This week, we feature a staff member who has been instrumental in our wellness initiatives.	Community Support We are grateful for the support and resources provided by our community. This week, we highlight a local organization that provides valuable services to our community.



Join us for this year's Five Star 5K and Mile of Smiles.

[REGISTER NOW!](#)

Fees

Mile of Smiles (1 mile inclusive route for all ages/abilities):

FREE - District Title I school students
\$5 - All other participants

5K:

FREE - District Title I school students
FREE - FutureForward campus students (thanks to the Five Star Education Foundation)
\$15 - Youth 21 years and younger
\$30 - Adults 22 and older

Discount Options:

District Employees & Retirees

\$20 per person - use code **AD12TEAM** at check-out. Three or more Adams 12 employees part of a school team.

Family Registrations

25% discount - use code **2022FAM** at check-out. Four or more immediate family members living at the same address.

Military Veterans

\$10 - use code **VET** at check-out.

Active Duty Military or Military Recruits

FREE - use coupon code **ACTIVEDUTY** at check-out.

THE REGISTRATION FEE INCLUDES A T-SHIRT AND POST-RACE REFRESHMENTS.

Race Times

8:00 a.m. Mile of Smiles
8:45 a.m. 5K

Fun Family Activities

- DJ, Food and Door Prizes
- Free Wellness Festival
- Special Guest Appearances
- Aim for the Stars Scholarship Awards

Location

Riverdale Regional Park
[9755 Henderson Road, Brighton, CO 80601](#)

Questions

Email us at AD12FiveStar5k@gmail.com

If you cannot afford the registration fee, please send an email to AD12FiveStar5k@gmail.com

All funds raised will go toward enhancing wellness programs in Adams 12 Five Star Schools.

Five Star 5K/Mile of Smiles Registrations

1	Northglenn High School	21
2	Central Admin	20
3	North Mor Elementary	20
4	Stellar Elementary	15
5	Hillcrest Elementary	11
6	North Star Elementary	11
7	Woodglen Elementary	11
8	Hulstrom K-8	9
9	Coronado Hills Elementary	8
10	STEM Launch K-8	6
11	Century Middle School	4
12	Five Star Online Academy	4
13	Northglenn Middle	4
14	Rocky Top Middle School	4



AMERICA'S HEALTHIEST SCHOOLS

Recognizing schools who lead the way in health and wellness

Healthier Generation's signature award program honors schools for the key role they play in advancing the health and well-being of students, staff, and families.

The honor of being named one of America's Healthiest Schools is seen by millions nationwide through awardees' promotion of the distinction through national media and in their local community.

Apply for recognition in up to nine topic areas

All criteria in a single topic area must be "Fully in Place" during the 2024-25 school year before the submission deadline.



Increasing Family & Community Engagement

presented by Kohl's

Gather input from the school community, engage parents and caregivers in meaningful ways to support student successes, and connect families to resources related to social drivers of health



Strengthening Social-Emotional Health & Learning

presented by Kaiser Permanente

Implement an evidenced-based social-emotional learning curriculum, positively motivate students, and implement opportunities for students to regulate their emotions and learn from their mistakes



Improving Nutrition & Food Access

presented by Del Monte Foods

Implement best practices to maximize school meal participation, meaningfully collaborate with teachers on nutrition education, and partner with community organizations to increase food access for students



Cultivating Staff Well-Being

presented by Kaiser Permanente

Actively promote relationship building with staff, foster a culture of gratitude, and provide resources to support breaks for all staff during the instructional day



Implementing Local School Wellness Policy

Implement the district's wellness policy with the support of a diverse set of stakeholders, set measurable goals, and reflect on progress, successes, and challenges



Promoting Tobacco-Free Schools

Address tobacco use in youth through prevention education and cessation intervention and actively engages youth in promoting a tobacco-free campus



Enriching Health Education

Provide health education to all students, using an evidence-based curriculum and prioritize opportunities for students to practice skills to maintain and improve their health



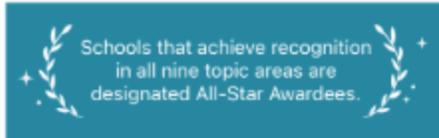
Supporting School Health Services

Address chronic health conditions, routinely conduct health screenings, and provide a pathway for students with health concerns to receive additional support from the school or community-based providers



Bolstering Physical Education & Activity

Provide physical education using an evidence-based curriculum and integrate physical activity opportunities throughout the school day with all students, including students with special health needs



Application Deadline: April 15, 2025

Applications must be complete in order to be submitted for consideration.

Start your application today at HealthierGeneration.org/apply



Upcoming Deadlines

- Mar 28** - [Future Fest T-Shirt Design Competition Submissions](#)
- Mar 30** - [Young RYLA Applications](#)
- Mar 30** - [RYLA Applications](#)
- Mar 31** - [Aim for the Stars Scholarship Applications](#)
- Mar 31** - [We Are Teachers Our Classroom Hacks Video Contest](#)
- Mar 31** - [Career Week for GIRLs \(CWG\) Summer Camp Applications](#)
- Mar 31** - [Museum of Contemporary Art \(MCA\) Denver Creators Studio Program Applications](#)
- Apr 4** - [Deadline to Get Free Bike and Roll Day Stickers](#)
- Apr 8** - **Cutoff to be guaranteed a t-shirt for the Five Star 5K!**
- Apr 11** - [Recycle Colorado Poster Contest Submissions](#)
- Apr 15** - [2025 America's Healthiest Schools Applications](#)
- Apr 16** - [America's Field Trip Contest Submissions](#)
- Apr 30** - [LCF/Vista Microgrants Program](#)
- May 2** - [Colorado Safe Routes to School Art Contest](#)
- June 7** - [Convivir Summer Program Applications](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mar 23 - National Puppy Day	Mar 24 - March is National Athletic Training Month!	Mar 25 - National Medal of Honor Day	Mar 26 - Epilepsy Awareness Day	Mar 27 - March is Red Cross Month!	Mar 28 - National Weed Appreciation Day	Mar 29 - National Small Business Owners Day
Mar 30 - National Take a Walk in the Park Day	Mar 31 - National Crayon Day	Apr 1 - April Fools!	Apr 2- National DIY Day	Apr 3 - National Find a Rainbow Day	Apr 4 - National School Librarian Day	Apr 5 - National Play Outside Day

Apr 6 - National Student-Athlete Day	Apr 7 - National No Housework Day	Apr 8 - National Zoo Lovers Day	Apr 9 - National Unicorn Day	Apr 10 - National Siblings Day	Apr 11 - National Pet Day	Apr 12 - National Only Child Day
Apr 13 - National Scrabble Day	Apr 14 - National Gardening Day	Apr 15 - Purple Up Day	Apr 16 - National Wear Your Pajamas to Work Day	Apr 17 - National Haiku Day	Apr 18 - National Animal Crackers Day	Apr 19 - National Hanging Out Day
Apr 20 - Volunteer Recognition Day	Apr 21 - National Kindergarten Day	Apr 22 - Earth Day	Apr 23 - National Picnic Day	Apr 24 - National Bucket List Day	Apr 25 - Arbor Day	Apr 26 - National Pretzel Day
Apr 27 - National Tell A Story Day	Apr 28 - National Superhero Day	Apr 29 - April is National Poetry Month!	Apr 30 - Administrative Professionals Day	May 1 - National Interpreter Appreciation Day	May 2 - School Lunch Hero Day	May 3 - National Two Different Colored Shoes Day
May 4 - National Star Wars Day	May 5 - Cinco de Mayo	May 6 - National Teacher Appreciation Day	May 7 - National School Nurse Day	May 8 - May is National Foster Care Month!	May 9 - National Caregiver Appreciation Day	May 10 - National Clean Up Your Room Day

May 11 - Mothers Day	May 12 - National Limerick Day	May 13 - National Apple Pie Day	May 14 - National Dance Like a Chicken Day	May 15 - Bring Flowers to Someone Day	May 16 - National Classic Movies Day	May 17 -
May 18 - National Take Your Family to the Playground Day	May 19 - May is National Dental Care Month!	May 20 - National Rescue Dog Day	May 21 - May is National Military Appreciation Month!	May 22 - National Solitaire Day	May 23 - National Lucky Penny Day	May 24 - National Scavenger Hunt Day
May 25 - National Family Fun Day	May 26 - Memorial Day	May 27 - May is National Water Safety Month!	May 28 - National Flip Flop Day	May 29 - May is National Get Caught Reading Month!	May 30 - National Creativity Day	May 31 - National Smile Day