Dighton-Rehoboth Regional School District

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#WeAreDR

Empower • Ignite • Shape

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Superintendent of Schools

Dr. Frederick Souza, Jr.
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Business Administrator

Dr. Marie Juanita DiGioia
Director of Special Education

Purpose:
The *DR Wellness Selfie Challenge* is a district-wide initiative designed to celebrate the many ways students and staff practice wellness in their everyday lives. This challenge highlights that wellness looks different for everyone: physical, emotional, social, creative, and mindful practices are all valued and encouraged.

All approved submissions:
- Will be featured in the Wellness slide deck to be shared district wide.
- May be used to promote positive school culture and healthy habits

Who Can Participate:
- All students PreK–12
- All district staff

Definition of Wellness:
Wellness includes activities that support physical, emotional, social, and mental well-being. Examples include, but are not limited to:
- Movement (sports, walking, yoga, stretching)
- Nutrition (cooking, preparing healthy snacks)
- Mindfulness (reading, journaling, meditation)
- Social wellness (time with friends, family, pets)
- Nature-based wellness (hiking, gardening, sitting outdoors)
- Creative wellness (art, music, crafts)

Challenge Details:
1. Submission Guidelines
    - One (1) photo per participant (must be taken during April vacation)
    - Photo must be a real, unaltered image (no AI-generated images)
    - Must clearly show the student/staff participating in a wellness-related activity.

All approved entries will be included in a district-wide digital slideshow.
Each Photo must include:
- First name of student
- School Name
- Grade

How to Participate:

1. Submit one school-appropriate selfie showing how you practice wellness (physically, mentally, emotionally, socially, or creatively).
2. Along with your photo, include a 1–2 sentence description of the wellness activity you are sharing.
3. Submit your photo HERE

All approved submissions will be featured in a district-wide Wellness slide deck.
First names, school and grade level only will be displayed along with the photo.

By submitting a photo, participants (and parents/guardians of minors) grant permission for the district to use the image for school-related displays, presentations, social media, and publications.