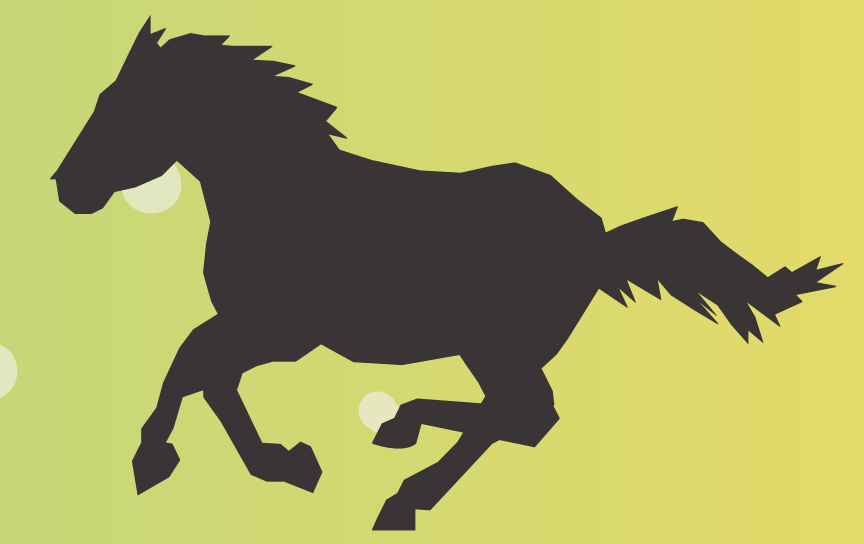


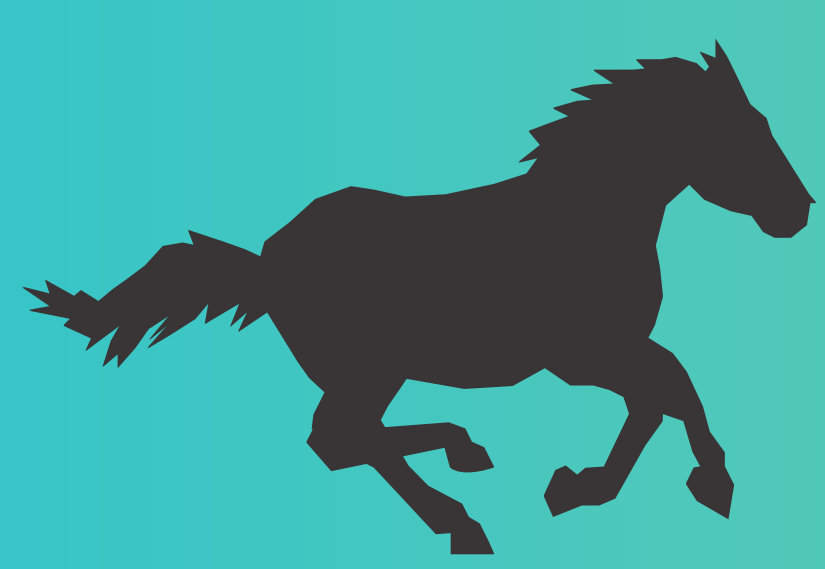


WEST U WELLNESS WEEK



The goal of Wellness Week is to foster emotional, physical, social, and nutritional health while enhancing students' learning experiences. Each day, students will participate in a variety of activities that promote healthy habits and well-being. This week is an exciting opportunity to teach students how to take care of their minds and bodies while fostering positive relationships and healthy habits that will benefit them both in and out of the classroom. Together, we'll help them develop a strong foundation for lifelong wellness!

	Attire	Wellness Focus	Parent Connection	Why?
Monday 10/26	Comfy clothes	Mindful Monday- Calm & Center	Ask your student to teach you how to take three, slow belly breaths, and name one thing they're thankful for.	Mindfulness is more than a moment-to-moment awareness. It's a kind and curious awareness that helps us relate to ourselves and others with more compassion.
Tuesday 10/27	Neon/Bright colors	Tasty Tuesday- Brain Food & Nutrition	Have your child pack a (naturally) colorful snack, or talk about what foods help them focus best at school.	Learn how food affects our focus and mood! Food is the fuel for our movement, learning and growth!
Wednesday 10/28	Team apparel	Wellness Wednesday- Move & Feel Good	What's one way you can move your body after dinner that helps you feel happy or calm?	Promote the mind-body connection through joyful movement!
Thursday 10/29	PBP or West U Apparel	Thankful Thursday- Kindness & Gratitude	During dinner, share one thing you're thankful for today- big or small!	Foster appreciation, kindness, and empathy
Friday 10/30	Halloween Costumes	Friendship Friday- Connection & Community	How can you show friendship to someone who might feel left out?	Celebrate connection, inclusion and teamwork!



WEST U WELLNESS WEEK

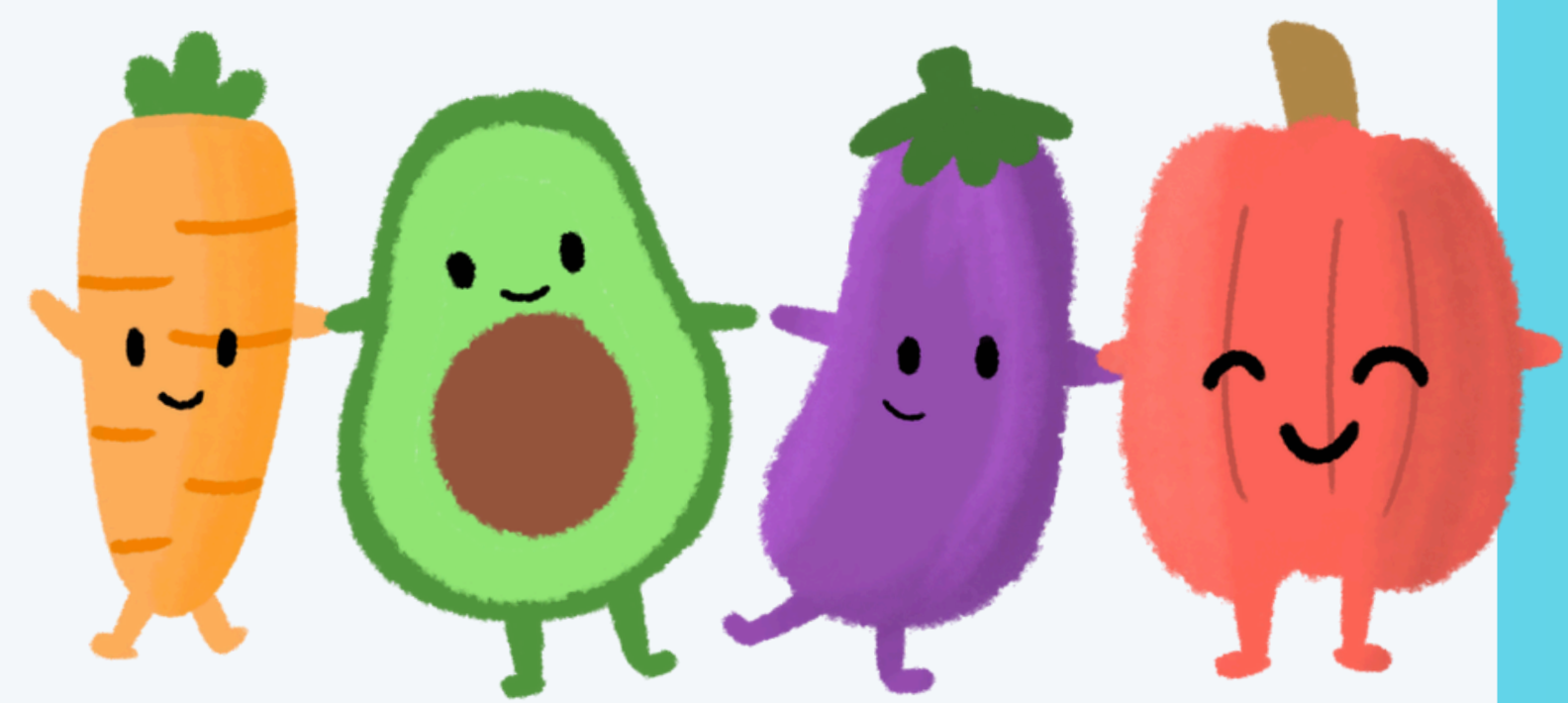
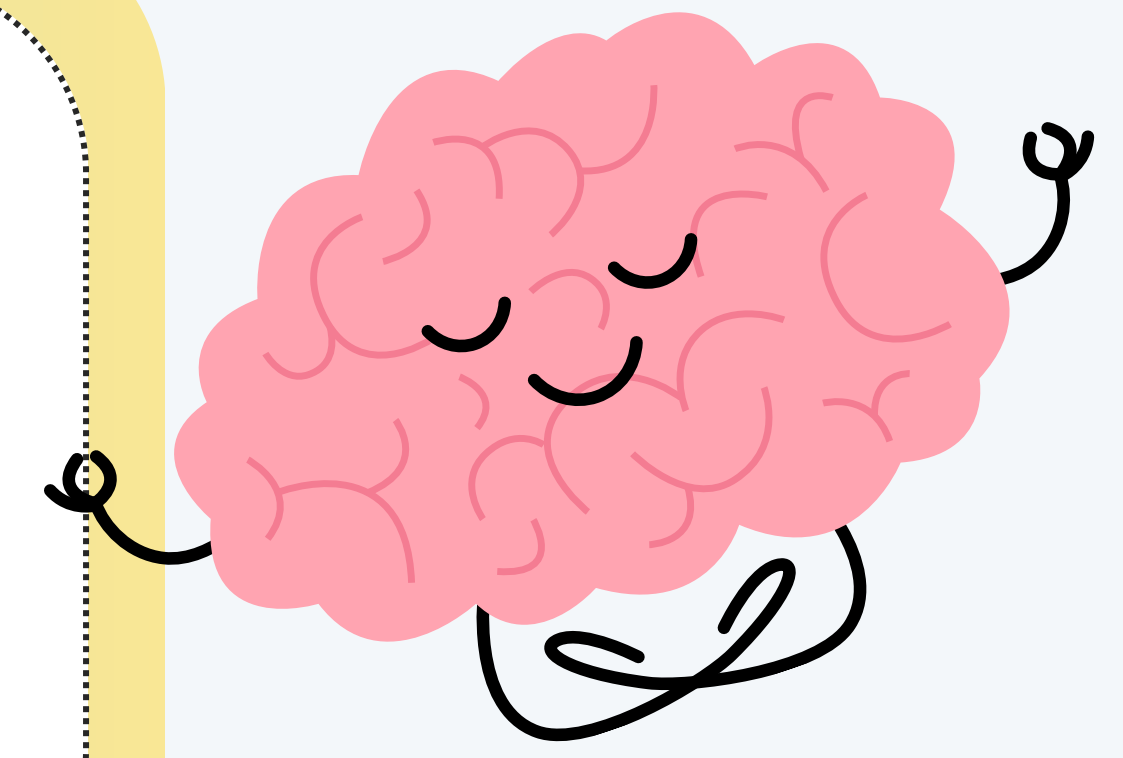


WELLNESS CHALLENGES!

Practicing wellness as a family builds strong bonds, improves both physical and mental health, and establishes lifelong healthy habits. Benefits include increased motivation, reduced stress, a greater sense of teamwork, and a stronger foundation for preventing future health problems like heart disease and diabetes.

MINDFULNESS CHALLENGE

- Try a grounding strategy to shift your focus to the present moment- notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Go for a rainbow walk after dinner! See if you can spot one thing in each color of the rainbow

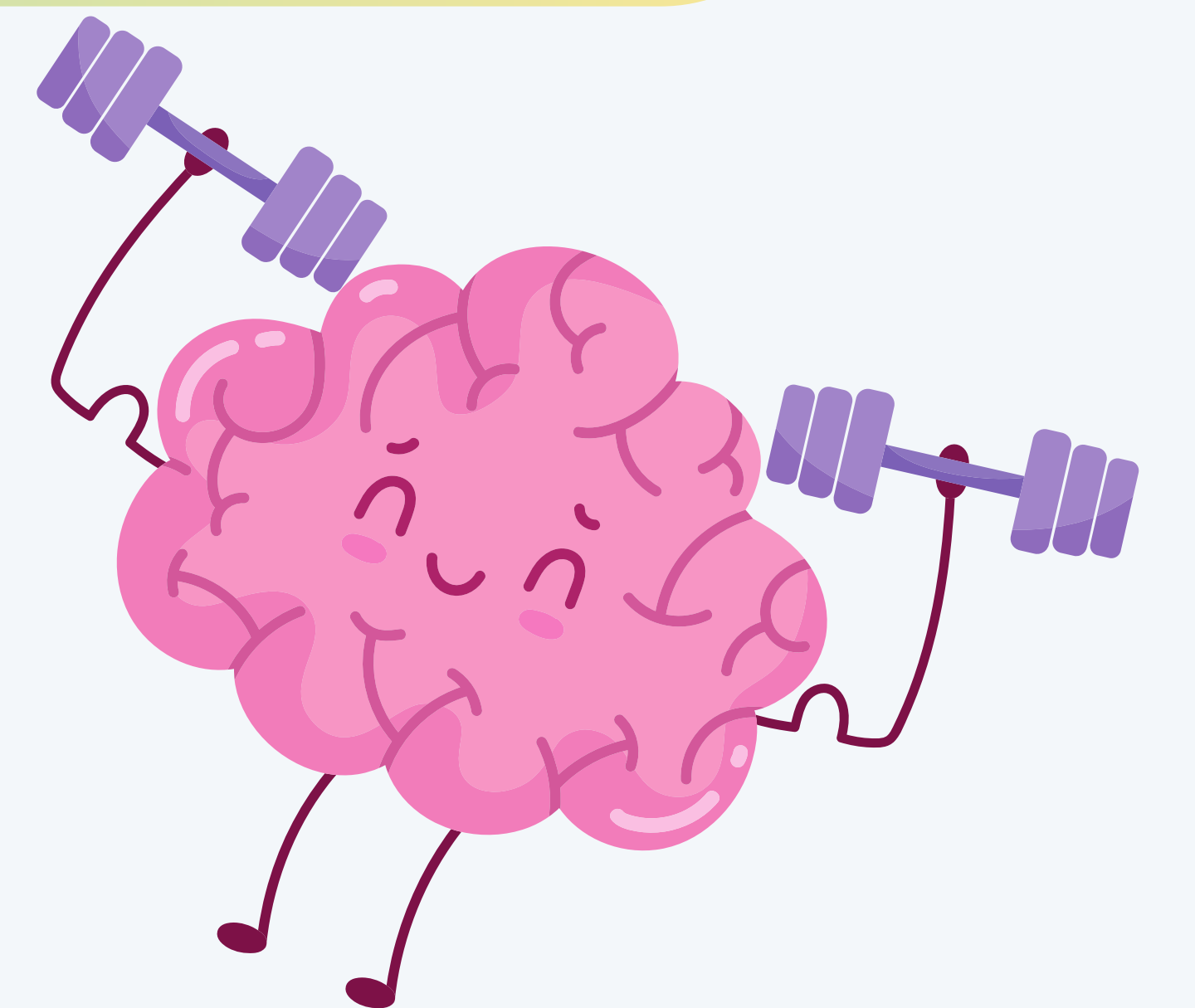


TASTY TUESDAY

- Omega 3 fatty acids (flaxseeds, walnuts, chia, salmon, avocado) support learning and memory! Berries help with stress and may improve memory! Whole grains provide glucose, which is the brain's primary energy source! And don't forget leafy greens- they're linked to slowing cognitive decline!
- See if you can eat the rainbow in one meal!

MOVE TO FEEL GOOD

- Have a family dance party where everyone gets to pick their favorite song!
- Try out a new type workout class on YouTube as a family!
- Go for a walk as a family after dinner.... or take a stroll through Hermann Park on the weekend!



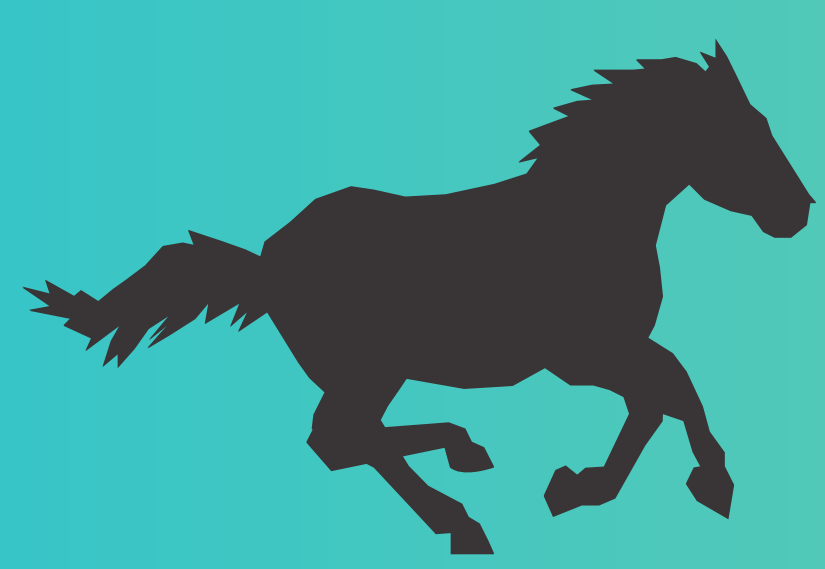
GRATITUDE'S THE ATTITUDE

- Create a gratitude jar! At the end of the day (or during!) every one writes down one thing they're thankful for that day. Whenever you need a little pick-me-up, reach into the jar and read some things that have made you feel grateful
- Think about the people in your life that bring you joy- write them a thank you card for being a part of your life.

THE BEST SHIP IS FRIENDSHIP

- Connect with a friend in real life- go for a walk, play a game, or create something together!
- Snap a selfie with a friend or two. Print it out and hang it in your locker or tape it to your mirror in your room!





WEST U WELLNESS WEEK

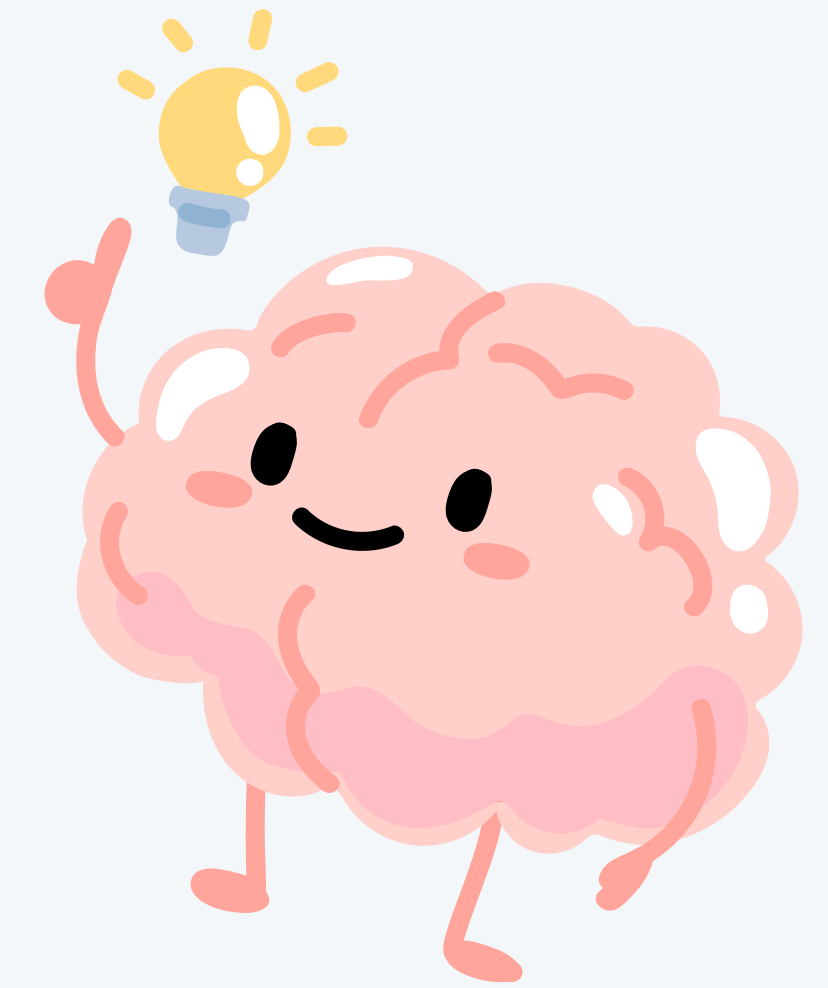


WEEKEND TECHNOLOGY CHALLENGE!

Practicing digital wellness considers the impact of virtual presence and use of technology on our overall well-being and taking steps to create sustainable habits that support our values, goals, community and safety.

REFLECTION OF THE WEEK

- Have each family member share one thing they learned or enjoyed during the week.
- Reflect on how we use technology every day for learning, playing, and communicating. Explain the importance of using technology wisely to protect our brains, bodies, and well-being.



DIGITAL WELLNESS DISCUSSION

- Discuss how technology can be both helpful and challenging. Cover topics like screen time, online safety, and how to use devices responsibly. Discuss how too much screen time can affect our focus, sleep, and emotions, and how important it is to take breaks.
- Be Kind Online- Discuss digital kindness and how to treat others respectfully on the internet, just as they would in person.

FAMILY ACTIVITY

- “My Technology Habits”: Create a “Technology Tracker” where family members can list how much time they spend on screens each day and what they use technology for (e.g. learning, games, videos, work, etc). Reflect on whether habits are balanced and healthy. Discuss any changes family members would like to make to their technology use



SAFETY TIPS

- Limit Screen Time: Encourage students to balance screen time with other activities, like outdoor play or reading, and suggest setting time limits for recreational screen use.
- Take Breaks: Teach the 20-20-20 rule: for every 20 minutes of screen time, take a 20-second break by looking at something 20 feet away.

SAFETY TIPS

- Practice Online Safety- Explain the importance of keeping personal information private online, only talking to people they know, and telling an adult if something online makes them uncomfortable.
- Use Devices in Common Areas- Encourage using technology in shared spaces at home, like the living room, where an adult can help supervise and ensure safety.



What is one new digital wellness habit you are going to try?!