

Wellness Week



FEBRUARY 24-28, 2025

A Focus on Wellness!

Numerous factors contribute to a happy and healthy individual. This month, we are emphasizing "Personal Wellness," which encourages both students and staff to examine our physical, mental, social, and emotional health so that we can thrive both in and out of school!

During Wellness Week, our Advisory lessons will center on how taking care of ourselves can enhance our well-being and will guide students in discovering different ways to improve their personal wellness.

Here are some ways you can promote wellness with your students at home: dedicate time for physical activity, establish healthy sleep routines, and cherish quality family moments—whether it's enjoying a movie, sharing a meal, playing games, or simply talking about the highs and lows of your day!



Gratitude Grams

The Laker Leaders will be setting up tables in the MS Commons during recess time on February 11th-12th for students to write "Gratitude Grams" to express their thanks to people in the building they care about along with a piece of candy.

Expressing Gratitude is a great way to build community and connectedness which are important factors of social and emotional wellness! Gratitude Grams will be distributed on Tuesday, Feb 25 during Advisory.



Reminders!

- The Laker Leaders have planned some exciting dress up days for Wellness Week. See attached flyer!
- The Middle School Activity Night will take place on Friday, Feb 28th from 3:00-5:30pm
- Our Food 4 Kids packaging day is scheduled for Friday, March 7th.