

# WELLNESS CHAMPIONS UPDATE

January 2019

## Indoor Recess Got You Down?

Welcome back to Minnesota winter. Although sub-zero temperatures may move recess indoors, it doesn't have to mean physical activity gets put on ice. The [SPPS Wellness page](#) offers indoor recess tips and resources to keep your students moving. Know where to look the next time the Polar Vortex plunges into town!



## School Garden News

The Minnesota School Gardens Conference is always an inspiring event. [Registration](#) is now open. If you're interested in attending but your school doesn't have the resources, talk to Carol Grady about potentially using your Allina funding. For the latest on school gardening, including the upcoming seed distribution for schools, click [here](#)

## The Clock is Ticking for Allina Funds

Have you got gym equipment that is looking sad and shabby? Recess equipment that went AWOL last fall? An upcoming Field Day that could use a boost? Have we got the funds for you! The only catch is you need to get your order in by March 1<sup>st</sup> or the clock runs out, so act today!



## Celebrate Winter's Frosty Fun With a Winter Walk

Holed up inside with dreams of Minnesota spring? Stop hibernating and get outside! Minnesota's Safe Routes to Schools celebrates its Third Annual Winter Walk on Wednesday, Feb. 6<sup>th</sup>. The [MN SRTS Resource Center](#) offers tips and materials for everything from a small celebration to a whole school affair. The long-range February forecast looks promising. To get started, email Carol Grady ([carol.grady@spps.org](mailto:carol.grady@spps.org))

## Test Your Wellness Wits

You watch what you eat, live an active lifestyle and pride yourself on your health literacy. It's all good but let's see how you stack up on this New York Times Health Quiz from [December](#)

## Change is Coming!

Look for a new format in the monthly Employee Wellness/Wellness Champion newsletter later this spring. We're looking at ways to better get news and updates to you. Please email Nichole or Carol with any input you might have.

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