

# WELLNESS CHAMPIONS UPDATE

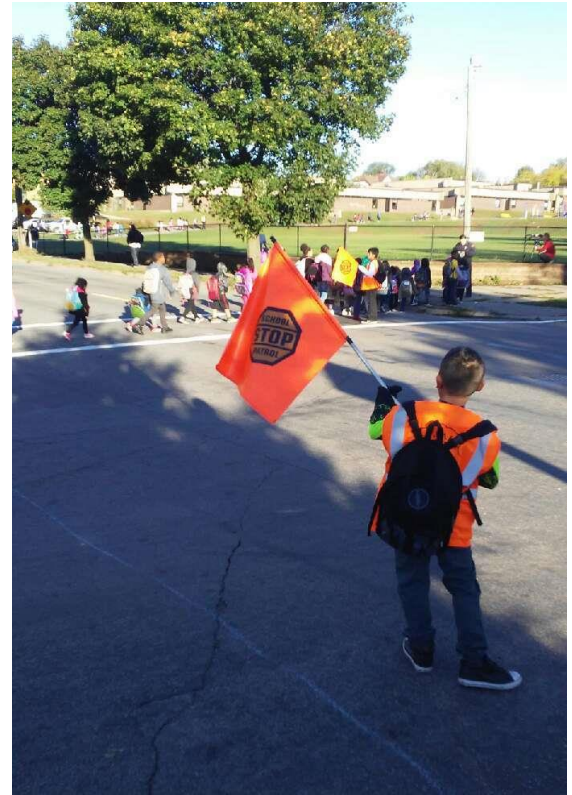
October 2017

## Walk to School Day, October 2017

Wednesday, Oct. 4<sup>th</sup> turned out to be a beautiful day to walk to school. A number of schools participated by promoting the event and **9** schools stepped up to have remote Bus Drop & Walks. Participating schools included:

Battle Creek Elementary, Highland Park Elementary, Chelsea Heights, OWL, Capitol Hill, St. Anthony Park, Randolph Heights, Expo, Maxfield, Bruce Vento, Highwood Hills.

Thanks to the wellness champions and staff that stepped up to coordinate these events. Not too early to start thinking about hosting a remote drop event at your school next spring!



### Have You Set up Your Alliance Account?

If you have filed a wellness action plan, it's time to get going on the School Health Index. Establish yourself as a Team Member to get started. Need tech support? Either Carol Grady or William

### Keeping Classroom Celebrations Food-Free

SPPS Wellness and Communications have teamed up to promote food-free classroom celebrations. Flyers can be shared with families either by themselves or through school newsletters and have been translated into our five languages and can be accessed at

<https://www.spps.org/Page/32501>.

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