

# WELLNESS CHAMPIONS UPDATE

November | 2016

## November News

A number of SPPS schools participated in last month's Walk/Bike to School Day. \_\_\_ schools registered for the event and 7 held Bus, Drop & Walk events. One has even made the bold move to make every Wednesday through Winter Break a 'Walking Wednesday.' On February 4<sup>th</sup>, 2017, Minnesota SRTS is organizing a Winter Walk to School Day.



HEALTH  
POWERED  
KIDS

HEALTHY LIVING RESOURCES

CHANGE  
TO CHILL

Looking for resources for classroom brain breaks and energizers? Check out Allina's Health Powered Kids website ([healthpoweredkids.org](http://healthpoweredkids.org)) and **Power Chargers**. It's free and doesn't require any registration for use. Geared to youth, ages 3-14. Resources include lesson plans. Timely topic for this month: 30-minute handwashing unit.

# UPDATE

### Classroom Celebration Update

Does your school know that SPPS Nutrition Services offers a Pizza Party Celebration? Party consists of whole wheat personal pan cheese pizzas, baby carrots, and apples.

Check with your building's nutrition services manager to learn more.

### Whole Kids Foundation Video Contest

Is your school a YumPower contender? Is the Choice Bar emptied of all fruits and veggies by the end of lunch? The Whole Kids Foundation is challenging kids to show how much they love their veggies. Go to <https://email.wholefoodsmarket.com/H/2/v2000001581ffea49595c42cf4bbcfb920/HTML> to learn how your school can win \$1,000! Submission deadline is 11/18/16.



### Notable Dates

You already know November is notable for Thanksgiving but did you know it also has several other notable dates?

- Nov. 15<sup>th</sup>: Clean Out Your Refrigerator Day
- Nov. 17<sup>th</sup>: Take a Hike Day
- Nov. 29<sup>th</sup>: Throw Out Your Leftovers Day

Consider tying Take a Hike Day in with another notable day in Minnesota you'll want to make your students' families aware of: Nov. 25<sup>th</sup>: **Free State Parks Day**. Head to a Minnesota State Park and work off that Thanksgiving feast from the day before!