

WELLNESS CHAMPIONS UPDATE

April 2019



April is National Garden Month

Maybe after this week, get out to the garden or natural spaces on the school's campus. Being connected to nature's rhythms helps to mitigate accumulated tension and stop negative feedback loops. Students enjoy looking for signs of spring and perennials (plants that come back yearly) and trees will soon be popping out of the ground with leaf buds opening. For K-5 classrooms, consider getting outside early in the day for establishing a positive environment and hold as a PBIS reward for the afternoon. Happy Spring!

Allina 2019 Funding Reports DUE!

If your school accessed Allina Wellness Champion funding for this school year, a formal report is required. Click [here](#) for the link to the report.

Bus. Bike. Walk.



Registration is Open for Bike/Walk to School Day

On May 8th, schools around the country will be biking and walking to school. [Sign up](#) to join the fun and at the same time, enter [MN SRTS' annual poster contest!](#)

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