

WELLNESS CHAMPIONS UPDATE

February 2019



Family Fitness Night

Chelsea Heights held their annual Family Fitness Night last month. An ever popular event, put on by the PTO, the physical activity bonanza features a glow-stick dance and attracted 226 students and their families. Family Fitness Nights can be a great way to engage families and can pair well with a STEM or Math Night. In schools that have a tradition of holding these events, like Chelsea Heights and Frost Lake, families eagerly anticipate the night.



February is Heart Month

Valentine's Day hearts aren't the only hearts to consider this month. February also wears the designation of American Heart Month, with the goal of increasing heart health awareness. With rising obesity rates, heart health is important for young and old alike.

Alliance for a Healthier Generation has a healthier way to do classroom celebrations in February through this [party planning tool](#). The National Heart, Lung, and Blood Institute (NHLBI) also puts out this [guide](#) that offers families and staff 25 suggestions on how they can participate in Heart Month.

February Garden Gab

Calling all School Garden aficionados! The Minnesota School Garden Conference will take place Friday, March 1st and is open for [registration](#). For the latest garden news, including steps for planting on school grounds and how to get free seedlings, click [here](#).

Indoor Recess Again?

[1000 Petals](#) has put together a movement flow you can pull out when weather conditions curtail outside time. And don't forget the [Indoor Recess Toolbox](#) highlighted in last month's newsletter!

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