

WELLNESS CHAMPIONS UPDATE

March 2017

WALK IN WINTER, WALK IN SPRING



Kudos to Washington Tech and St Anthony Park for getting out on a cool February morning for Winter Walk Day. Washington walkers were treated to warm cocoa and a guest appearance by the SPPPD Mounted Patrol.

The ground hog may have seen his shadow but we are well on our way to spring and that can only mean –

Spring Walk/Bike to School Day!

Here's the chance for your building to highlight the day. Plan for an all-school mid-day walk, a Bus/Drop/& Walk, a bike blitz promotional campaign, or create your own special signature to celebrate the day. [Registration](#) is open, so don't delay!

Looking for a way to get students engaged in wellness work? Look no further! [FuelUptoPlay60](#) is looking for schools that want to create student groups with a focus on wellness and are offering free coaching, provided the group has an advisor. Contact Lisa McCann (lmccann@midwestdairy.com) to get started.

Spring Bike Distribution at HPPA

On April 22nd, SPPS will be teaming up with Allina for another bike distribution. Do you know any students or families who might benefit from this program? We have approximately 130 refurbished bikes to give away but we need names and heights by March 15th in order to ensure we can provide a correctly sized bike. Recipients must be present at distribution to be awarded a bike. Click [here](#) to access form and email to Carol no later than 3/15/17.



Wellness Week 2017
May 8th-12th

Public comments are now being solicited by MDE for Minnesota's new K-12 Physical Education standards. Comment period is 2/27-3/16. A town hall meeting is planned for Tuesday, March 14th, from 5:30-7PM in Roseville. Go to the [MDE website](#) to learn more.