

Wellness Week 2018

**Warhawks for Wellness**

**Monday, December 3rd, Mental Health Monday**

**WEAR GREEN FOR MENTAL HEALTH AWARENESS!**

**Warhawk Time**: **Wellness Screening Grades 10 & 12**

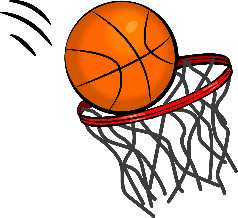
[](http://www.google.com/imgres?q=pilates&hl=en&safe=active&tbo=d&biw=1280&bih=598&tbm=isch&tbnid=a4XQa4spPlgPnM:&imgrefurl=http://www.beyondthebodypilates.com/&docid=T4ijNSHJeQq1fM&imgurl=http://www.beyondthebodypilates.com/images/logo.gif&w=600&h=551&ei=bJOqUJCNMM2K0QGQ_IGAAw&zoom=1&iact=hc&vpx=2&vpy=126&dur=8517&hovh=215&hovw=234&tx=103&ty=91&sig=110886982985640095599&page=2&tbnh=132&tbnw=145&start=23&ndsp=32&ved=1t:429,r:8,s:23,i:172) **Warhawk time activity Grades 9 & 11**

**Tuesday, December 4th, Workout Wear**

**WEAR SWEATS OR TRACK SUITS**

**Warhawk Time**: **Knockout Competition-** Main Gym

**Yoga –** Wrestling Room

 **Relaxation –** Dance Room

**Coloring, Board Games & Play-Doh –** Cafeteria

**Stress Relief Activities**- Warhawk Hall

**Wednesday, December 5th, Pajama Day**

**STAY COZY AND WEAR YOUR PAJAMAS**

**Warhawk Time**: **Speaker –** Auditorium

**Lunches**: **Therapy Dogs** – Courtyard

**Thursday, December 6th, Ugly Sweater Day**

**WEAR AN UGLY SWEATER**

**Warhawk Time**: **Backyard Games** – Main Gym

**Meditation** – Wrestling Room

**Coloring, Games, Play-Doh & Stress relief activities –** Cafeteria



**Lunches**: **Ugly Sweater Competition**

**Friday, December 7th, Flannel Friday**

**WEAR FLANNEL**

**Warhawk Time**: **Teacher Bubble Soccer** – Main Gym

\*\*9th grade wellness projects will be on display in the library throughout wellness week. Please encourage your Warhawk Time students to come down and browse.