

BE AN OLYMPIAN: HEALTH & WELLNESS WEEK

Shelter Rock Elementary School



Alpine Skiing



Ice Hockey



Snowboard



Short Track



Ski Jumping



Figure Skating



Speed Skating



Freestyle Skiing



Cross-country Skiing



Curling



Luge



Skeleton



Biathlon



Nordic Combined



Bobsleigh

Dear Shelter Rock Parents and Guardians:

Welcome to Health & Wellness Week! In anticipation of the upcoming Winter Olympic Games, we wanted to encourage students to participate by exploring 5 areas of Health & Wellness:

1. *Physical Activity*
2. *Good Sportsmanship (empathy)*
3. *Healthy Eating Habits*
4. *Mindfulness/Stress Management*
5. *Limiting Screen Time*

Attached you will find a worksheet to keep track of how your child is meeting these goals. After fulfilling an activity each area, a ring can be colored in the attached blank Olympic rings. The worksheet should be returned to your teacher by **Monday, January 22nd**. The class in each grade with the most returned Olympic rings will get a special prize. The Physical Education Coaches have planned exciting activities for this week as well! In addition, Mr. Geczik will be sending an email with additional tipsheets to help you and your child find ways to meet these goals. Thank you so much for your participation!

Warmly yours,

Laurie Zephyrin

Anne Chun

Co-Chairs, Health & Wellness Committee

Color in the rings as you complete activities in each area – give this to your teacher on Monday, January 22

1. Physical Activity (Do 30 minutes each day):



2. Good Sportsmanship:



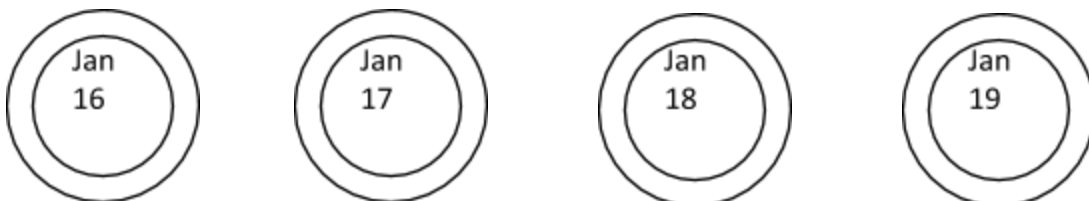
3. Healthy Eating Habits:



4. Mindfulness/Stress Management:



5. Limiting Screen Time/Put down your devices:



Catch the Olympic spirit!

Choose an activity from each "Ring" each day and color in a ring on the previous page. We have some suggestions listed below. The same activity can be used more than



once!

Physical activity/Exercise:

- *Walking the dog*
- *Gym class*
- *Sports practice*
- *Chores (vacuuming, cleaning your room)*
- *Playing in the snow*



Good sportsmanship:

- *I said something nice to a teammate/sibling/friend*
- *I tried my best in _____.*
- *Include someone new in an activity.*
- *I helped someone today.*
- *I gave a high five to someone*



Healthy Eating Habits:

- *I ate 2 different vegetables today*
- *I ate 2 different fruits today*
- *I can tell you about "Go" "Slow" and "Whoa" foods (see "U R What U Eat" table)*
- *I had food from each of the food groups today (fruits, vegetables, grains, milk, meats & beans)*



Mindfulness & Stress Management:

- *Deep breathing.*
- *I thought of something for which to be thankful today.*
- *3-5 minutes of quiet time ("brain break")*
- *Petting my dog or cat*
- *Crafts*



Limiting Screen Time/Put down your device:

- *I didn't use a device (phone, notebook, etc) while eating*
- *I didn't use a device in the car*
- *I charged my device outside my bedroom*
- *I talked to my parent about how much time I can spend on my device each day.*