



Wellness Week

November 9-13, 2020

“Be Happy. Be Healthy. Be Well!”

Monday- Overall Wellness

Homeroom:

- [Wellness Week- Monday Video](#) (Embedded in the Monday Minutes)
- Wellness Challenge: We all strive to be happy and healthy. Happiness takes practice. Make a list of activities that make you happy, and create a habit of doing one of those activities each day. Example: Drawing, singing, dancing, playing a sport, video games, cooking, reading, puzzles.
- Resource Link: [MMS Wellness Week Resource Folder](#)

Community:

Seedlings Distribution at 2 PM, [Click Here](#)

Distribución de semillas y plantas a las 2 PM [Vea Aquí](#)

Nutritional Information Sheets: [CUSD Nutrition Services Featured Produce Activities](#)

*Also available daily in paper form at the food bag pick up outside the cafeteria 2:00-3:30 pm.

Tuesday- Stress Management

Homeroom:

- [Video Link Here](#)
- Wellness Challenge: Create a Stress Action Plan for yourself. Use the “Big List of Coping Skills” and “25 Things You Can Control” from the resource folder to gain ideas on what you can do about your stress.
- Resource Link: [MMS Wellness Week Resource Folder](#)

Staff: Staff Meeting

- Alum Rock Counseling Center Presentation, Stress Management

Parents and Community/Padres y Comunidad:

- **Taller Para los Padres:** Crianza Positiva, Taller de 2 sesiones. (Español)
Sesión 1 de 2: **6:00 PM-7:00 PM** [Enlace del Zoom Aquí](#)
- **Parent Workshops:** Positive Parenting, 2-session workshop (English)
Session 1 of 2: **7:00 PM-8:00 PM** [Zoom Link Here](#)

Nutritional Information Sheets: [CUSD Nutrition Services Featured Produce Activities](#)

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2:00-3:30 pm.

Thursday- Nutrition

Homeroom:

- Video Link Here
- Wellness Challenge: Try a new healthy recipe.
- Resource link: eatfresh.org

Parents and Community/Padres y Comunidad:

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Friday- Rest and Recharge

Homeroom:

- Video Link Here
- Wellness Challenge: Ditch your device 1-2 hours before bedtime. Replace your evening screentime with a calm down activity. Example: Listening to music, drawing, playing a board game with family, reading, puzzles, getting organized for the next day.
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