



Parents / Students: Have you considered being part of the WCSD Wellness Committee? We're always looking for people to support the goals and activities of our group. We meet 4 times a school year and set goals for our District in promoting health and wellness of our students and staff.

If you would like to be part of our initiatives, give a call to Deb Mackey, Food Service Director / Wellness Committee Chairperson. 518-499-1770 ext 2013

Every Kid Healthy™ Week is an annual observance created to celebrate school health and wellness achievements and is recognized on the calendar of National Health Observances. Observed the last week of April each year, this special week shines a spotlight on the great efforts our school partners are making to improve the health and wellness of their students and staff and the link between **nutrition, physical activity, and learning** – because healthy kids are better prepared to learn, and healthy teachers are better prepared to teach!

This year **Every Kid Healthy Week** falls during our spring break, but that's not stopping us!! We're hosting an activity challenge for everyone here at WCSD! Stop by the cafe or see your PE teacher for a tracking sheet and "Get Movin'!"

We'll award a prize for the student and the faculty member with the highest number of steps tracked in a week! **Pick up your tracking sheet in the Cafe or check your email!!**

READY ? Set ? GO !!!

AND. . . in the elementary school- it's "Get Caught eating Your Veggie's Week" the grade with the highest number of students getting caught will be rewarded with a classroom party on May 1st!!

April 2019