

HCS HEALTH PROMOTION WEEK

HCS is participating in **Health Promotion Week April 8th - April 12th**. This yearly event is designed to increase awareness of personal wellness and promote healthful lifestyles through activity, good nutrition and positive choices. Region 10 School District is devoted to improving the health and wellness of our faculty, students and community. The HCS Wellness Committee is sponsoring a number of events!

1. Before school activities from 8:15-8:45 for students, parents, and staff.

Come dressed for active participation. **(students participating in before-school activities MUST HAVE A PARENT OR GUARDIAN with them for the duration of the activity)**

- **Tuesday – April 9:** Capoeira – Brazilian martial arts hosted in the gym by Thrive! This event will be in the gym, please park in the rear of the building.
- **Thursday - April 11:** Healthy Community Breakfast – Bring your own breakfast or buy something from the cafeteria
- **Friday – April 12:** School Wide Walk – meet in the gym and at 8:20 we will begin our fitness walk through the school

NOTE: There are not activities scheduled on Monday or Wednesday morning.

2. Students can eat the rainbow if they purchase a hot-lunch during Health Promotion Week!

- **Monday: Orange – glazed carrots**
- **Tuesday: yellow – Mexican chopped salad with corn**
- **Wednesday: Dark Green – Caesar salad (Romaine)**
- **Thursday: White - Smashed garlic potatoes**
- **Friday: Red – Garden Salad – Tomatoes**

We would also like to encourage your child/children to bring in a healthy snacks that match the color of the day.

3. Parents and Grandparents are invited to join us for recess activities!

K – 4 Parents & Grandparents who have had a background check are invited to join us for recess to help run some special activities during Health Promotion Week. (Preschool families – watch for further information from Mrs. Urso)

Pre-registration is Required for Recess Activites: <http://signup.com/go/ZKWkXJi>

- Monday: Yard Games
- Tuesday: Kickball
- Wednesday: Jump ropes
- Thursday: Basketball
- Friday: T-ball

We are very excited about this event and hope that everyone will find a little something to make their Health Promotion Week in RSD #10 a fun and fit experience while encouraging healthy lifestyles throughout the rest of the year.

Sincerely,
The HCS Wellness Committee