

OCT: Red Ribbon Month
NOV: Native Alaskan/ Diabetes Month
DEC: National Handwashing Awareness Week
JAN: Blood Donor
FEB: Dental Health/ Heart Month
MAR: Brain Injury Awareness/ National Nutrition Month
APR: Stress Awareness Month
May: Better Hearing/ Skin Cancer/ Children's Mental Health Awareness Week

U a M Heal h a d Well e Tea

M S a e e

Ursa Minor will utilize Social Emotional Learning to encourage community-wide

Goals:

- Limit sugar in classroom, as per ASD policy
- Promote overall health and wellness
- Provide education about making healthy life choices
- Encourage increasing water intake
- Mindful eating
- Incorporate Mindfulness and meditation techniques in classroom
- Increase physical activities among families

Health Eating:

- Healthy recipes provided outside Nurse's office
- Modeling healthy snacks in classrooms
- Healthy recipe contest in bimonthly newsletter
- Fruit and Veggie snack cart
- Healthy snacks and meal demonstration and testing monthly in evening

Physical Activities for Students and Families:

- Healthy Futures
- Yoga
- Family activity evening presentations monthly
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