



## 2018 Student Wellness Challenge

**What is it?** For one month we will log our physical activity and various health and wellness activities to promote overall Wellness.

**Why?** To support, motivate, compete, and push each other to put our health first. To create an exciting energy here at TJMS where we all, students and staff, are focused on our health!

**When:** February 26<sup>th</sup>–March 22<sup>nd</sup>

**The Jaguar Journey Around the World:** Each grade level and teachers will log their “miles” that will be tracked on a log and on a track around the World. See how many places you can get to!

### Weekly Themes:

**Week 1:** Introduction to the program. On day one we will kick off the program with LOTS of wellness activities, classes, and stations. The first week students will get used to filling out their Mile Tickets and getting them signed. Teachers will log miles daily.



### Week 2: Mental Health Week

Students will continue to participate filling out their logs, but this week we will add some Mental Health Activities. The whole school will start and end the day off with a relaxation, breathing, or mindfulness activity.

### Week 3: Grudge Match:

**grudge match** (*plural grudge matches*)

1. a **bout** between two teams or competitors who have a history of competitiveness between them

Perhaps a chance for students to get a win against the teachers after losing **every** student/staff basketball game in TJ history? Who will win week 3? 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, or teachers???? The winning team will get a much coveted trophy to adorn their hall, classroom, or to be placed in a high traffic area to show off. What's on the line here? Pride. Honor. The true spirit of competition.

### Week 4: Nutrition Week

Lunch room activities, Pump up healthy snacks, a colorful plate, eating for health, choosing foods that are nutritious, Limit sugar, high fat foods, and sodium, and Drink plenty of water!

## Last Year's Miles:

- School Total: 16,766.935 Miles
- Winning Grade: 5<sup>th</sup> Grade-6,971.92



At the end of the challenge, a plaque will be put up to recognize the winning grade level. It will also have our grand total for the 2017 and 2018 challenge. Let's beat last year's miles!!!

## How will activity be tracked?

**Step 1:** Students will receive a blank mile ticket. Put your 1<sup>st</sup> and Last name on it, homeroom, grade, and date on it. You can only turn in 1 ticket per day.

### Step 2: Log your exercise on it.

- -Sport or Practice
- -With your teacher during the school day.
- -At home, with your family.

\*\*\*You can log TIME, steps, or mileage, but make sure to add up your total MILES using the key on your ticket.

**Step 3: It must be signed by your coach, parent, or teacher.** A teacher can only sign it if they were the leader of the activity! The signature comes from an adult that can vouch for your exercise/activity.

### Step 4: Add up your miles.

### Step 5: Turn in the mile ticket the next morning to your teacher during Homeroom

### Step 6: Homeroom teachers will add up total miles for homeroom daily.

*\*\*\*At the start of each week, all of the Mile tickets will be collected and put into a bucket for a drawing. We will draw for prizes for EACH grade level. They must be in by MONDAY!*

What are the prizes? Rewards? Incentives? Again, there will be multiple challenges going on.

**Prize 1:** Good health. Sense of accomplishment. Team spirit. Support/Comradery. Pride.

**Prize 2:** Anyone that turns in a completed Mile Ticket with logged exercise gets to have their name put into a drawing for a **prize!** Woo Hoo **(Random Drawing) (Weekly!)**.

**Prize 3:** The grade that achieves the most miles, will get their grade level honored on a plaque.

**Prize 4:** Grudge Match--Teachers vs. Students vs. Grade Level. This one is for pride alone. Who will reach the greatest distance?

**Prize 5: PBIS Assembly**—Students who turn in signed Mile tickets can Trade them in for Paw tickets that can be turned in to participate in The Assembly—Minute to Win It Activities.

**Prize 6:** The school will work together to achieve milestones: ???

<https://tjmsmillionmilerace.jimdo.com/>

You with Us?

