

## Wellness Week Menu of Activities

Expand your Red Ribbon Week or conduct a stand-alone week devoted to wellness. Incorporate color themes, lunch-time activities, student & staff pledges, and parent involvement to help students commit to being healthy. *For assistance with planning, contact Amy Haessly at Child Nutrition Services at (760) 726-2170 ext. 92404 or email at [amyhaessly@vistausd.org](mailto:amyhaessly@vistausd.org).*

The following nutrition and fitness-related activities can take place at lunch-time, during recess, or before and after school during your Wellness Week.

1. **Color Days** – Each day of Wellness Week, students and staff wear a different color and bring a fruit or vegetable of that color to share with the class. Teachers can decide how to handle the food (i.e. students describe their food, everyone gets to taste, or gather everything for a tasting at the end of the week). Ask parents to donate small paper plates, napkins and plastic cutting utensils.
2. **Pledge to be Healthy** – Display a giant pledge sheet and ask students to sign their names and pledge to be healthy. It can be a pledge to make healthy choices such as “Just Say No”, “Be physically active every day”, or “Make healthy food choices”, etc. Volunteers are needed to monitor the pledge area.
3. **Fear Factor Taste Challenge** – Challenge students to taste new or exotic foods such as spinach, melon, hominy, pumpkin, etc. Food supplied by CNS. This event requires 4-6 volunteers. Contact Amy Haessly to schedule a day. Limited availability.
4. **Fear Factor Garden Challenge** – Challenge students to touch a snail, hold a worm, or play with other creepy crawly critters from the garden. This event requires 4-6 volunteers. Coordinate with your gardening teacher/group.
5. **Garden Tours** – Invite classrooms into your garden and observe plants (edible or not). Recruit Garden Club students to be tour guides or enlist parents to help with the tours. This event requires 4-6 volunteers. Coordinate with your gardening teacher/group.
6. **Nutrition Decathlon** – Challenge students to complete 10 food-themed physical challenges. Stations are set up on the playground such as “Cucumber Javelin”, “Carrot Hop”, and “Strawberry Relay”. This event requires 12-15 volunteers. Contact Amy Haessly to schedule a day. Limited availability.
7. **Walk to School Day** – Promote a walk to school day. Enlist parents and other volunteers to escort a “walking school bus”. Visit <http://www.walkingschoolbus.org/> for more details to plan your day.
8. **Walk/Jog-a-thon or Relay Races** – Challenge students to see how many laps they can walk/run. Recruit teams to compete. This event requires 4-6 volunteers to coordinate students.
9. **Milk Mustache Photo Booth** – Let students show off their beautiful smiles and white milk moustaches! Requires 2-4 volunteers. Contact Amy Haessly to schedule. Limited availability.
10. **Re-Think Your Drink** – Set up displays for students to see how much sugar is in soda, sports drinks, and energy drinks. Offers tastes of “spa waters” with fruits & veggies. Promote dental health too. This event requires 3-5 volunteers to explain sugar displays and serve spa water samples.
11. **Iron Chef Competition** – Invite a local chef or enlist students, teachers, and staff to compete to make a meal out of certain ingredients or to show a cooking demo of their favorite recipes.
12. **Create a School Cookbook** – Invite students and staff to submit their favorite healthy recipes. Compile a school or classroom cookbook.
13. **Door Decoration Contest** – Classrooms can compete for a “Grand Door Prize” showcasing the classroom’s favorite healthy activities.