

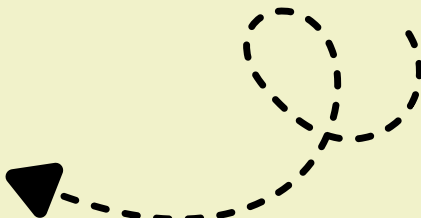
# STAFF WELLNESS ACTIVITIES

*26-27 Program Year*



**START THE YEAR RIGHT**

- September Wellness Challenge (Bingo)
- Recipe Collection for Fall



**TRICK OR TREAT FUN**

- Trail Mix Treat
- Share costume & activity photos

**WELLNESS WORKSHOP**

- Based on staff interest



**HOLIDAY WELLNESS**

- Holiday Sweet Treat
- 12 Days of Wellness (email tips)



**THANKFUL STAFF=HAPPY STAFF**

- Decorate "Gratitude Grows Here" Trees
- Autumn Appreciation Potluck (Nov. 17)



**NEW YEAR - FRESH START**

- Design Your Vision Board
- SUMMIT Word of the Year Word Cloud

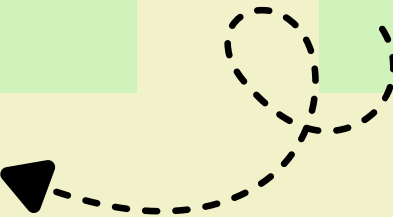
**SUPERBOWL & SOUP MONTH**

- Superbowl Pool - win the SUMMIT Trophy!
- Soup-er Bowl Soup-off (Feb. 8 potluck)
- Canned Soup Drive



**HEALTH & NUTRITION MONTH**

- Nutrition Tips via email
- Healthy Recipe Exchange
- Step/walking challenge



**HAPPY EARTH DAY**

- Earth Day Surprise
- Planting Tips via email

**APRIL FOOL'S DAY**

**WELLNESS WORKSHOP**



**CELEBRATE!**

- Staff Appreciation Week Surprises
- End of School Year Potluck (May 26)



**LET'S GET OUTSIDE**

- Outdoor Challenge (Bingo)
- Staycation or Beach Reads Crowdsourcing
- Grilling and Outdoor Safety Tips via Email



**FRESH & HEALTHY**

- Fresh Fruit Summer Treat



**WELCOME BACK TO SCHOOL!**

- ALL STAFF TRAINING: Photo Booth, Prizes and/or Goodie Bags
- Launch into Learning Potluck (Aug. 11- Union/Snyder or 18-Mifflin County)

