

Snow Days Wellness Week

The Storm Snow Days Wellness Week is right around the corner! This will feature a wide array of activities and choices for students to participate with their peers. It will take place January 27-February 1st. We look forward to continuing with some of the traditional Snow Days activities, but also adding opportunities for students to take a look at their overall health and wellness.

This packet is designed to inform students, teachers and other interested people of all of the Snow Days Wellness Week activities. If you need additional information or have any questions, please feel free to ask any of the Student Council Officers or Members. Please share this information with your students.

We want to thank you for your patience and understanding during this crazy week. We also want you to know how appreciative we are of your help, flexibility and cooperation. This week wouldn't be successful without your enthusiasm and commitment to our students!



Student Council Officers

- XX.....President
- XX.....Vice President
- XX.....Secretary
- XX.....Treasurer
- XX.....School Board Reps
- XX.....Historian

- XX.....Advisors

Monday: Meditation Monday

Dress up: Yoga/Comfy

Tuesday: Talk about it Tuesday

Dress Up: Green Out/Mental Health Awareness Day

Wednesday: Wellness Wednesday

Dress up: Shirts with positive or happy messages

Thursday: Take some time Thursday

Dress up: Tourist

Friday: Find your Grind Friday

Dress up: Show your passions/Interests

Activities

Week Long:

Messages each morning by the student council members and mandala coloring set up throughout the school

Dodgeball Tournament

Date: Monday, January 27th

Time: 7:00pm

Location: SRRHS Gyms

Speaker/Wellness Activities

Date: Tuesday, January 28th

Time: 8:20-10:40

Tentative time schedule attached

Therapy Dogs

Date: Wednesday, January 29th

Time: During Connections

Location: Media Center

Attitude of Gratitude-Post-It note Wall

Date: Thursday, January 30th

Time: During Lunch

Location: Lunch shifts

Snow Days Coronation/Survivor Kick-off

Date: Friday, January 31st

Time: Schedule forthcoming-Extended Connections

Location: Main Gym

Winter Formal

Date: Saturday, February 1st

Time: 8:30-11:30 p.m.

Location: SRRHS Commons

***Winter Formal Dance Tickets:**

Sold during lunch shifts Wednesday, Thursday, Friday

Tickets: \$15/ person

No tickets will be sold at the door.

SNOW DAYS WEEK

MINDFULNESS
MONDAY
 1/27

TALK ABOUT IT
TUESDAY
 1/28

WELLNESS
WEDNESDAY
 1/29

TAKE SOME TIME
THURSDAY
 1/30

FIND YOUR GRIND
FRIDAY
 1/31

WINTER FORMAL
SATURDAY
 2/1



Comfy Yoga



Green out for Mental Health Awareness



Positive Tee Day



Tourist



Show your Passion



TICKETS SOLD:
 DURING LUNCH
 WEDNESDAY
 THURSDAY
 FRIDAY
\$15

DODGEBALL
 7 PM
 HIGH SCHOOL GYM

SPEAKER AND
ACTIVITY DAY

THERAPY DOGS
 DURING CONNECTIONS

ATTITUDE OF
GRATITUDE

CORONATION
 DURING CONNECTIONS

8:30-11:30 PM
 HIGH SCHOOL
 COMMONS