

WELLNESS WEDNESDAYS

EVERY WEDNESDAY, PRACTICE A HEALTH HABIT AT
SCHOOL AND HOME!

DECEMBER

1 December: COVER YOUR COUGH DAY

Cough or sneeze into a tissue or a sleeve. Throw all soiled tissues into a garbage can right away, then wash your hands with soap and water or use a hand sanitizer.

8 December: TRASH-FREE LUNCH DAY

Bring our snacks and lunch in re-usable containers. How many people in your class brought a trash-free lunch today?

15 December: LIGHTS OFF DAY

Turn off the lights as you leave a room today. Conserve energy, be greener, and lower your electric bill!

22 December: COMPLIMENT DAY

Give someone a sincere compliment or kind word today. You may be the one who "makes their day"!!

29 December: FRUIT DAY

Eat at least one red or yellow fruit today. Was it grown in Bermuda or another country? Which country?