

# WEX WELLNESS WEEK

**Fresh Start will be providing ideal snacks every day to nourish the mind**

<p><i>Monday</i> <i>May 7th</i> (mindful moment p3)</p>	<p>➤ Kickoff: A school wide viewing of <b>WE NEED TO TALK ABOUT MENTAL HEALTH (period 1)</b></p> <p>➤ Join us at <b>lunch in the caf</b> to fuel the mind &amp; body through artistic expression at Wexford's own <b>BEAT BOX EXTRAVAGANZA ☺</b></p> <p>➤ Express "<b>WELLNESS WISHES</b>" on our <i>Wexford Banner in the back hall and walk away with a new TATTOO</i></p>
<p><b>Tuesday</b> <b>May 8th</b> (mindful moment p1)</p>	<p>➤ Assembly Day Schedule: <b>The Power of Perseverance</b></p> <p>➤ Engage in mindful activities to experience living in the <b>PRESENT</b> (Rock Therapy / How good is your touch? / Big Bubbles ... calm breath)</p>
<p><b>Wednesday</b> <b>May 9th</b> (mindful moment p2)</p>	<p>➤ <b>BODY ART</b> in the front foyer</p> <p>➤ <b>Yoga on our front lawn</b> – your mind and body will thank you ☺</p> <p>➤ <b>BASKETBALL</b> extravaganza in the <b>LOWER GYM @ lunch</b> – Watch your peers take on the teachers</p> <p>➤ Purchase <b>Energy Bites</b> at lunch</p> <p>➤ <b>Food and Mood</b> – complimentary of Healthy Schools (after school / foyer)</p>
<p><b>Thursday</b> <b>May 10th</b> (mindful moment p4)</p>	<p>➤ Join us in the library at lunch for <b>Wexford's Spoken Word</b>; use the power of a word to educate and inspire – <b>Preregistration in Guidance</b></p> <p>➤ Art Journaling - <b>Preregistration in Guidance / Experience creativity in a new way through Henna (front foyer)</b></p>
<p><b>Friday</b> <b>May 11th</b> (mindful moment p3)</p>	<p>➤ <b>Beautiful Minds Workshop &amp; a Free Lunch: Promoting Positive Mental Health (Library / 12 – 1:15)</b> - <b>Preregistration in Guidance</b></p> <p>➤ Come out and feel the "good vibes" - <b>BONGOS</b> in the front foyer</p>