

## **Athlone - Wellness Month – January 2025**

This year, January is Wellness Month at Athlone. It will run for 4 weeks. Each week, we will be focusing on a new topic starting with hydration (week 1), followed by exercise (week 2), mindfulness (week 3) and kindness (week 4). Feel free to take the challenge along with us at home or at work.

### **Week 1 – Hydration Week (Jan. 6 - 10)**

Please send a reusable water bottle to school with your child for this week so they can participate in this activity. The student's job is to monitor how much water they will consume or need to consume daily to help their body stay hydrated. If students can drink the daily amount for their grade level, then the classroom teacher will give the student a hydration ticket for meeting the recommended daily amount. The hydration tickets will be used for a draw at the end of the week. One lucky student from each classroom will win a reusable water bottle. If a student is using a reusable bottle, they will receive 2 tickets at the end of the day for being environmentally friendly and consuming the daily amount.

**Grade K-2 will need to drink 1 - 500 ml (or 2 cups) bottle of water daily during school.**

**Grade 3-5 will need to drink 2 - 500 ml (or 4 cups) bottles of water daily during school.**

**Adults will need to drink 3 – 500 ml (or 6 cups) bottles of water daily during school or work.**

Parents, please send a change of clothes for your child. As our students consume more water, they may have to use the bathroom more often and they may have accidents.

### **Week 2 – Exercise Week (Jan. 13 - 17)**

Each class will do a workout routine (prepared by the wellness committee) to strengthen their bodies. Ask your child to show you these exercises at home and give them a try!

### **Week 3 – Mindfulness Week (Jan. 20 - 24)**

This week, students will learn the benefits of slowing down to work on focusing on the moment in time and being present in the moment, rather than worrying about the past or future. Our children are exposed to so much fast-paced media in our world, and we need to teach them about how to focus on a task, how to relax, and how to deal with anxieties. Classrooms will learn some stretching and calming practices, meditation and breathing exercises.

### **Week 4 – Kindness (Jan. 27 - 30)**

We are signed up for “The Great Kindness Challenge”. We challenge everyone to do a purposeful act of kindness every day. We will find out how many acts of kindness we can do together by the end of the week.

<https://thegreatkindnesschallenge.com/> (Click on “View Checklists” for some kindness ideas).

Be well,

Athlone Staff