

# Upcoming Wellness Events at Towanda Area School District

## November 2010

- November 1 – Registration for 5<sup>th</sup> & 6<sup>th</sup> grade basketball at the YMCA begins
- November 3 – Walk to School Day – meet at the YMCA at 7 AM
- November 5 – YMCA First Friday– 3 to 4:30 pm in the TAES cafeteria – for students in 3<sup>rd</sup>–6<sup>th</sup>
- November 23 – Wellness Council meets at Elementary School conference room 3:15 PM – Visitors and new members welcome!

## December 2010

- December 1- Walk to School Day – meet at the YMCA at 7 AM
- December 15 – Million Step Challenge ends

## January 2011

- January 7 - Regional Wellness Council meeting in Sayre, 1:30 PM – visitors welcome
- January 25 - Wellness Council meets at Elementary School conference room 3:15 PM – Visitors and new members welcome!

## February 2011

- February 1, 8, 15, 22 - Smart Moves toward Fitness– 4<sup>th</sup> graders at TAES, Tuesdays, 11A-12P
- February 4 – YMCA First Friday – 3 to 4:30 PM in the TAES cafeteria – for students in 3<sup>rd</sup> – 6<sup>th</sup>

## March 2011

- March 1, 8, 15, 22 – Smart Moves toward Fitness – 4<sup>th</sup> graders at TAES, Tuesdays, 11A-12P
- March 2 – Walk to School Day – meet at the YMCA at 7 AM
- March 4 – YMCA First Friday –3 to 4:30 PM in the TAES cafeteria– for TAES Students (gr.3-6)
- March 9 – Million Step Challenge begins (8 weeks)
- March 17 – PANA's Go for the Greens Day
- March 22 - Wellness Council meets at Elementary School conference room 3:15 PM – Visitors and new members welcome!
- March 28 - YMCA Swimming Session begins; pre-registration required

## April

- April 1 – Regional Wellness Council meeting in Sayre, 1:30 PM – visitors welcome
- April 1 – YMCA First Friday – for TAES Students (gr. 3-6) – details coming
- April 6 – Walk to School Day – meet at the YMCA at 7 AM
- April 14 – Title I event with ARCC and YMCA for families – Internet Safety
- April 16 – Healthy Kids Day at the YMCA; 9 AM to 1 PM
- April 18-24 – Turn Off TV Week
- April 20 – Move it Outside Day

## May

- May 4 - Walk to School Day – meet at the YMCA at 7 AM
- May 4 – Million Step Challenge ends
- May 4 – All Children Exercise Spontaneously (ACES) Day; 10 to 10:15 AM
- May 6 –YMCA First Friday – 3 to 4:30 PM in the TAES cafeteria – for TAES Students (gr. 3-6)
- May 24 - Wellness Council meets at Elementary School conference room 3:15 PM – Visitors and new members welcome!

**For more information on any of these programs, please contact the school nurse at 570-268-2012 or 268-2060. Please urge your family members to participate in all of the school's wellness programs, to make a difference in their health!**