

Shakopee Public Schools

Wellness Calendar of Events & Prizes

Please note: Some Calendar activities may change/vary as the date nears.

Month	Theme	Programs/Activities	Prizes
October	Breast Cancer Awareness	<p>Wear pink day – 10/27/15 Special pink beads given to those who are cancer survivors</p> <p>Like the Shakopee Public Schools Facebook page to be entered into a drawing to win a Fitbit, shako gear or yoga sessions.</p> <p>Promote Wellness Wednesday with a walk in the AM</p>	<p>Fitbit Gift Cert. to Saber Shop for Shakope Gear 5 Yoga Sessions @ The Yoga Barre</p>
November	<p>Diabetes Awareness</p> <p>Mo-vember (Men's Health Awareness)</p>	<p>Candy Buy Back Program at St. Francis (see The Beats for details)</p> <p>Mo-vember promotion for men to grow out their facial hair in recognition of men's health awareness month. Best before and after movember photo posted to FB wins.</p> <p>Promote Wellness Wednesday with a walk in the AM</p>	<p>Fitbit & bragging rights!</p>
December	Stress Management	<p>Health for the Holidays seminar Chair Massages</p>	TBD
January	Weight Management	<p>Fitbit challenge</p> <p>Health Cooking seminar</p>	Fitbit
February	Heart Health Awareness	<p>Healthy Cookbook Wear Red Day – 2/5/16 Super Foods promotion Flash Dance Facebook contest of staff doing exercises</p>	
March	Nutrition Education	<p>Healthy Cooking Classes</p> <p>Wellness Bingo Challenge</p> <p>Clean Eating seminar</p>	TBD

April	Random Acts of Kindness Skin Cancer Awareness	Feed my Starving Children or other event to promote community wellness Education regarding skin cancer Education on how to Train for a 5K	
May	Physical Activity	Employee Health & Fitness Day – 5/18/15 5K event (Shakopee Public Schools pays staff registration fees?)	Pay staff & family 5K registration