

W.O.W

Working on Wellness

@ Deep Creek Elementary



About our program!

Working on Wellness (WOW) is a new program that we will be implementing this year at DCE . The goal of the program is to help the Deep Creek Elementary faculty, staff, students, and community learn about the importance of wellness. To support this effort, we will implement activities that are designed to focus on the 5 of the 7 components of wellness (physical, emotional, social, intellectual, and environmental).

Sharing helpful ideas

The WOW program will kick off in October. Every Wednesday , we will share a wellness related fact with students and faculty members during our morning announcements (it will be called Wellness on Wednesdays).

As part of the program we will also be sending home health and wellness related tips in our parent newsletters and posting tips on the school website (www.cpschools.com/schools/DCE/index.htm).

Make a healthy choice...

“Eat healthy stuff!”

“Move around enough!”

“Live tobacco and drug free!”

From Coach Goody, *Health Talk Videos*

Take part in fun activities

The Wellness Committee will also sponsor events throughout the year designed to involve families in fun and engaging wellness activities (below are some of our ideas).

- Family Fun nights (held once every two months)
- Annual Family Fun Run!
- Health Fair Night
- Jump Day (in conjunction with our Jump Rope for Heart program.
- And much, much more!!

We hope that you will come and join us for some fun as we put WOW into action to make a positive difference at Deep Creek Elementary.

The Wellness Committee...

Mr. Triolet, Ms. Bradshaw, Mrs. Koonce, Mrs. Fitzgerald, Mrs. Abrams, Mrs. Byrd, Mrs. R. Hill



An apple a day...