

Seaford School District Presents:

Wellness Week

April 8th - April 12th

Each day, the students in the Seaford School District will participate in a wellness activity.

Monday - Mindful Monday

The students will participate in at least one mindful activity throughout the school day.

Tuesday - Turn it Off Tuesday

The students are encouraged to turn off their devices **at home!** Unless needed for a homework activity, turn it off when your school day is over.

Wednesday - Walk to School / Bus Stop Wednesday

The students are encouraged to walk to school or to their bus stop.

Thursday - Thoughtful Thursday

The students are encouraged to send a thoughtful message to another student or a faculty member.

Friday - Fitness Friday

The students will participate in at least one fitness activity. Our cafeteria will be serving fruit as a side on this day.

