

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