



Health and Wellness Week 2025

DATE	MONDAY 6/9	TUESDAY 6/10	WEDNESDAY 6/11	THURSDAY 6/12	FRIDAY 6/13
THEME	Mindful Monday	Tasty Tuesday	Wellness Wednesday	Thirsty Thursday	Fun Friday
DRESS OF THE DAY	Always be MINDful – protect your brain and wear your favorite HAT to school	Wear what makes you feel GOOD	Wear comfy ACTIVEWEAR to school	Wear GREEN for Mental Health Awareness	Wear Crazy Socks! Early Dismissal 😊
IN SCHOOL ACTIVITIES	Chalk the walk: draw messages of gratitude and positivity with chalk outside (rain date: Tuesday)	Pack a snack that's healthy and yummy to keep your tummy happy!	Yoga Event: Stretch, move, and have fun at our in-school YOGA assembly! Wear comfy clothes.	Drinking water helps you stay healthy and strong! Remember to drink lots of water today!	Raffle Fun: Every student gets a chance to win a Baya Bar gift card!
QUOTE OF THE DAY	It begins with you!	Snack smart to stay sharp!	A little stretch goes a long way!	Water is your new best friend!	Playing outside is good for your inside!
DINE & DONATE	Stop by Baya Bar in Oceanside all week long to support Marion Street PTA! Mention Marion Street when you order and get 10% off your purchase — a tasty way to help our school!				