



Sand Creek
Wellness

Sand Creek

- Sand Creek High School started a Wellness Club for students to be given opportunities to achieve the three components of health



Terminate the Test Week

- Fuel up for Finals Breakfast Burritos- to encourage eating breakfast before testing/finals.
- Cocoa and Cram- allowed students the opportunity to study with their peers and ask for help from teachers while sipping on delicious FREE hot cocoa.
- Stretch for Success- Yoga/ Meditating
- **Learn test taking techniques to improve testing scores!**

Cocoa and Cram



Stretch for Success



Plus some
Zumba



Sand Creek High School Breakfast

- Sand Creek High School now serves breakfast 😊

1/6/2105



Ronald McDonald House

- Wellness Club cooked for everyone staying at the Ronald McDonald House.



Polar Plunge

- Feb. 28, 2015 SCHS Wellness Club/Matrix were freezin' for a reason!
- 8 Students and 3 Staff/Health Matrix Members plunged for Special Olympics! Raising over \$550



Polar Plunge



Group



Assistant Principal Mr. Welch



Mr. Daller



Wellness Club Members

Staff Wellness Parfait Day



Spread the Word... To End the Word

- Sand Creek became an R-word Campaign school
- Wellness Club Members and Health Matrix all took the pledge to no longer say the R-word and to stop those who do
- All SCHS students will be given an opportunity to join the cause

**SPREAD THE WORD
TO END THE WORD**

www.r-word.org



Wellness Club Expo Night

- April 15, 2015 @ Sand Creek High School 5:30 pm- 7:30 pm
- Evening to educate and promote healthy lifestyles in the community!
- All of D49 community is invited 😊
 - Healthy Snacks
 - Yoga
 - Fitness Bootcamp
 - **Color Run** Sign Up
 - Health Promotion Table
 - Healthy Eating Tips