

Patriot **POWER** Wellness Expo

January 28, 2012

11 – 3 p.m.

“How does school affect your wellness?” Mini-Poster contest for students:

- 8 ½ x 11 sheet of paper mounted on a sheet of construction paper
- ONLY sign back of construction paper with name, grade, & teacher
- Address one or more of the six categories in the wellness wheel
- Deadline for submissions is Friday, January 20, 2012
- Posters will be displayed in halls near cafeteria & gym
- Teachers will judge & vote for top 3 per grade
- Winners will be announced and prizes will be awarded at expo



Intellectual: Growing intellectually, maintaining a curiosity about all there is to learn; valuing lifelong learning and responding positively to intellectual challenges.

Physical: Caring for your body in order to stay healthy now and in the future; eating well and being active.

Social: Maintaining healthy relationships; enjoying being with others; developing strong friendships; caring about others and letting others care about you. (To include -

Multicultural: Being aware of your own cultural background and becoming knowledgeable about, respectful of, and sensitive to the culture of others).

Environmental: Awareness of how your behavior impacts the earth, as well as how the physical world impacts you; demonstrating a commitment to a healthy planet.

Emotional: Managing your emotions in a constructive way; understanding and respecting

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your own feelings, values and attitudes;
appreciating the feelings of others.

Spiritual: Finding purpose, value, and meaning
in your life with or without organized religion.