

# HEALTH & WELLNESS NEWSLETTER

South Carolina  
**PTA**  
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**LiveWell!**  
greenville  
LiveWellGreenville.org

## March 2017

### Walk and Roll to School Day

March 8th, 2017

There are many ways to participate in SC Walk and Roll to School Day. Schools can plan various walk and roll to school, park and walk at school or walk and roll from school throughout March. No matter the activity, the goal is to emphasize how walking and biking are healthy and fun activities.

[Register TODAY.](#) Please contact your School Outreach Coordinator, Andrea Kelsey at 864-642-5492 or

[Andrea@SCsaferoutes.org](mailto:Andrea@SCsaferoutes.org)

### Funding Opportunity

School Grants for Healthy Kids

Schools need resources to implement health and wellness practices that help students eat better and be physically active.

Grants are available to schools implementing programs designed to increase physical activity among students, improve nutrition education and nutritious school foods, and to pilot or expand school breakfast programs.

Deadline to submit is April 7, 2017



St. Patricks Day:  
Fruit Skewers  
Green Grapes,  
apples, kiwi and  
melon.

### Staff Wellness Tips for Mondays:

Before teachers are able to care for students, they need to care for themselves.

1. Relax for two minutes before students arrive, visualize your and student's best day.
2. At first break, eat a piece of fruit and focus on snack.
3. Go for a walk right after work.

March 11 8:00AM-1:00PM

SC Technology and Aviation Center

2 Exchange St. 29605

\* 2 mile fun run/walk

(Discount code: SCHOOL2)

\* Sprint Duathlon (2 mile run/14 mile bike/2 mile run) as an individual or as part of a 2-person relay.

(Discount code: SCHOOL5)



For more information, contact LiveWell Greenville Partnership Coordinator

Erica McCleskey at [emccleskey@livewellgreenville.org](mailto:emccleskey@livewellgreenville.org) or 864-354-4706