

HEALTH & WELLNESS NEWSLETTER

South Carolina
PTA
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greenville
LiveWellGreenville.org

November 2017

Healthy Lifestyles

PTAs nationwide are encouraged to plan healthy student events and family activities throughout the month as a way to kick off their year-long commitment to creating healthy and safe places for kids to learn and thrive.

What will your PTA do to celebrate? Get creative! Make healthy living fun! Go to [National PTA Healthy Lifestyle's](#) website for more information on the below ideas:

1. Issue a student challenge each school day of the week
2. Plan a healthy event for the whole family
3. Serve only healthy foods at PTA events.
4. Make every PTA fundraiser a healthy one.

What can you do?

[Register today](#)

2017 Healthy Workplace Seminar: Healthy Holidays in the Workplace

Tuesday, November 14th

1:30pm-6:00pm

TD Convention Center

Topics include: ways to get started on workplace wellness, healthy challenges, mental health and well-being during the holidays, substance abuse, best practices in financial health for employees and programs for the holidays. An expert panel will speak on best practices for building a worksite wellness initiative.

After the sessions, join us for networking with a cocktail reception and a presentation of Working Well's Strategy for Well-being Award recipients.

There is still time to support your school's Health and Wellness Committee and begin the process of applying for the Alliance for a Healthier Generation's Healthy Schools! Program.

euphoria's Healthy Lunchtime Throwdown Winner is:

Nayha Hussain, a student at Riverside High School. She prepared a vegetarian dish: **Gobi Manchurian.**



[Click here](#) for the recipe to make at home.

Stay tuned for more information on 2018 euphoria's Healthy Lunchtime



our students safe as they walk and bicycle to and from school! Consider nominating your crossing guard as an "Outstanding Crossing Guard".

Crossing Guard Appreciation Week: November 13th-17th

The South Carolina Department of Transportation's Safe Routes to School (SRTS) Program and its Resource Center are proud to sponsor South Carolina Crossing Guard Appreciation Week.

Schools and communities are encouraged to use this week-long celebration to recognize the role that crossing guards play in helping keep

For more information, contact Erica McCleskey, D1 Health and Wellness Chair and LiveWell Greenville Partnership Coordinator. emccleskey@livewellgreenville.org or 864-354-4706.