

WELLNESS WEEK @ ROYAL OAK

May 5-9,
2025

Wellness includes your emotional, physical, and mental health - it's how you feel and how you handle your emotions, especially when you face challenges. It also includes how you take care of your body, including sleep, healthy eating, personal hygiene and exercise.

From May 5 to 9, Royal Oak School encourages students to focus on their personal wellness. Each day, you can choose to participate in different activities that promote your overall health!

May 5th: Kick off Wellness Week by checking out a Wellness Literacy Luggage from the Learning Commons to encourage emotional wellness.

May 6th: Have you gone outside today? Spending time outdoors in nature can reduce stress, improve memory and attention, and boost overall well-being.

May 7th: It's Hats On! for Mental Health Day. Wear a hat to raise awareness of the importance of good mental health. Take the WATER BOTTLE WEDNESDAY challenge - use your favourite water bottle to stay hydrated all day.

May 8th: Dress up in your active wear! Join us after school for a free 45-minute family yoga session in the field next to the school (weather permitting). Bring your yoga mat. Students who attend will be entered to win a prize!

May 9th: Nutrition plays an important part in your wellness. Today is FRESH FRUIT FRIDAY - each student will receive a piece of fresh fruit as a snack.

BROUGHT TO YOU BY ROYAL OAK SCHOOL COUNCIL

