

September - Active Living Get on the Move

Activities

- Apple Picking
- Be a Kid – Swing, Slide, Skip, Roller Blade
- Bike to Work
- Blood Pressure Testing
- Dance Class
- Dance in Hallways on Nutrition Break
- Exercise Videos After School
- Fall Clean-up
- Fitness Challenge in School
- Fitness Facilities Tours
- Harvest Jazz and Blues Festival
- Music on PA
- Park Further From the Door
- Pedometer Challenge
- Photo Challenge/Rally
- Pickling and Preserving
- Potato Picking
- Rock Climbing
- Run/Walk for the Cure
- Scavenger Hunt
- Sittersize
- Staff Ball Game Tournament-Interschool Challenges
- Stairway Run Challenge
- Take the Stairs
- Terry Fox Run/Walk
- Walking
 - Nature Foliage Walk
 - Walk Around NB/Canada
 - Walking Club at Lunch/After School
 - Walk in the Park/Staff Picnic
 - Walking Wednesdays
 - Walk to School Days
 - Walking Team Meetings

October -Nutrition Harvest Your Health

Activities

- Bowl of Soup Swap
- Buddy Lunches
- Candy Free Treat Bags
- Cookbook - Create a Low Fat Cookbook
- Cooking Classes
- Grocery Store Tours/Label Reading Session
- Harvest Recipes (Apples, Berries, Pumpkin)
- Healthy Potlucks
- Healthy Snacks for Staff Meetings (Pumpkin Seeds, Popcorn)
- Lunch Group
- Lunch Box Socials
- Nutritious Halloween Treats
- PD Session - Easy Meals/Weekly Plans
- Recipe Swap
- Salad Day
- Sugar Free Fridays
- Slow Cooker Recipes
- Staff Breakfasts
- Theme Meals
 - Hawaiian Day
 - Sandwich Day
 - Sub Day

November - Sleep/Relaxation Sleep Secrets

Activities

- Aromatherapy
- Babysitter for Overnight
- Bedtime Book Exchange
- Cross-Stitch/Knit
- Herbal Tea in A.M.
- Massage
- Meditation Activities/Soft Music
- Movie Night/Hot Chocolate/PJs
- Nap
- One Hour Earlier Bedtime for the Month
- Pajama Day
- Pd Session - Importance of Sleep
- Read
- Relaxation Room (Music/Snacks)
- Relaxing Music in Staffroom
- Silent Breakfast
- Sleep Journal/Patterns
- Spa Night - PJs
- Staff Overnighter-Shopping, Hotel
- Sustained Silent Rest Period (15 Min. During Day, Entire School)
- Tai Chi
- Walk/Exercise After Dinner
- Yoga

December - Gratitude Everyday Blessings

Activities

-Christmas Related

- Adopt a Charity/Christmas Hamper
- Card Making Party (Stampin' Up Close To My Heart)
- Cookie Party/Swap
- Gift Wrapping Party For Staff
- Secret Santa/Secret Angel
- Wreath Making
- Yankee Swap

-Do Something Nice for Someone for One Week (Without Recognition)

-Honour a Community Member

-Inspirational Notes/Treats in Mailboxes

-Potluck Social

-Skating Party

- Staff Announcements on PA (Good Luck, Thank You, Special Projects)

-Spot Prizes (to Appreciate Staff)

-Staff Meals on Wheels (When Someone is Ill)

January - Winter Activities New Beginnings

Indoor Activities

- Aerobics
- Badminton
- Caribbean Party
- Curling
- Dessert Theatre
- Flannel PJ Day
- Half-Way Party
- Hot Toddy Party
- Karaoke
- Massage
- Photography/Pottery Class
- Pot Luck
- Re-gifting Party
- Scrapbooking
- Suitcase Social
- Tai Bo
- Walking /Running Club
- Aquasize (Water Aerobics)
- Bowling
- Chinese New Year's Celebration
- Dance Lessons (Ballroom, Line)
- Dinner Night
- Friday Frolics/Skits/Entertainment
- Hawaiian Party
- Indoor Volleyball - Staff vs Students
- Kickboxing (K-Box, Fit-Box)
- Movie Night
- Pilates
- Puzzles (Jigsaw) Staff Room
- Sandwich Day/Soup Day
- Spa Weekend/Winter Retreat
- Swimming
- Tai Chi
- Yoga

Outdoor Activities

- Cross Country Skiing
- Ice Fishing
- Skating Party
- Sliding
- Snow Sculpture/People
- Downhill Skiing
- Ice Windsurfing
- Sleigh Rides
- Snowshoeing
- Snow Soccer

February - Mental Health Nourish Your Spirit

Activities

- Appreciate Staff Members' Day
- Babysitting Pool - 'I'll Mind Yours Then You Mind Mine'
- Book Club
- Concerts
- Dinner Theatre
- Dress-Up Days (Old Sweater Day)
- Escape Weekend
- Freaked Out Fridays
- Free Coupon Booklets
- Friday Quiz With Prizes
- Hockey Game
- Hub Cap Comedy Festival
- Jokes/Funny Gifts in Mailboxes
- Lunch With Duty Buddy - Bring Something to Share
- Massage
- "Mitten Knitten Night"
- Morning Trivia/Challenge on PA
- Movie Night
- Multicultural Night
- New Hairstyle Day
- Pot Luck - Bring Something White, Red, Purple or Pink
- Pot Luck - Salute to Chocolate
- Progressive Dinners
- Reality TV Show Pool
- Relaxing Music in Staff Room
- School Play
- Scrap Booking/Card Making
- Secret Valentine
- Share Fresh Flowers
- Spa Day (Be Your Own Valentine)
- Spaghetti Night
- Specialty Coffee Event
- Staff Breakfast/Pancake Breakfast
- Theatre (TNB, Saint John Theatre Company, Imperial Theatre)
- Tropical Beach Day
- Weight Room (Purchase Used Equipment)

March - Heart Health March for Your Heart

Activities

- Atlantic Superstore Cooking Classes
- Bath Basket Raffle
- Basketball Game (Staff vs Students)
- Blood Pressure Checks
- Cholesterol Checks
- Create a Staff Recipe Binder
- Fruit and Vegetable Challenge
- Glucose Sugar Test
- Healthy Eating Challenge
- Healthy Heart Fitness Challenge (Becel)
- Heart Healthy Potluck
- Heart Healthy Recipe Swap
- Jump Rope for Heart
- Monitor Heart Rate While Water Running
- Olympic Events Challenge (Staff vs Students)
- Pedometer Challenge
- Salad Day
- Share Heart Healthy Cookbooks (See Insert)
- Shop With a Dietitian Night
- Skipping Club
- Spring Fling Fever - House Party Wear Spring Clothes and Flowers
- Sunshine Day - Wear Brightly Coloured Clothes
- Swimming Club
- Walking Club

April - Declutter Declutter Your Life

Activities

- Adopt A Highway
- Classroom Clutter Swap
- Classroom Donations - Fill the Dumpster
- Clean Your Classroom/Desk (Give A Prize)
- Clean Sweep Day
- Clothes Swap
- Declutter Buddy
- Declutter Your Home for a School Yard Sale (Funds for Wellness)
- Designated Day - Bring Items for Community Living/Diabetes Association
- Detoxify Your Body
- Dress for Success - Give Gently Used Clothing to Others for Job Interviews
- Magazine/Book Swap
- Molly Maid Draw
- One Week in April
 - Find Items in Home/Classroom Each Day to Recycle
 - Record Total Number of Items for a Contest
- Organizational Seminars
- Relaxation Activities to 'Declutter the Mind'
- Scrapbook Swap - Clean Out and Trade
- Staff Puts 'Junk' In a Bucket to Share or Use as Prizes
- Staffroom Clean-up/Clean Teams

May - Hiking/Walking A Walk in the Park

Activities

- Amazing Race in a City/Town/Park
- Fitness Buddies
- Fitness Challenge
- Foot Wellness Session
- Hiking Trip/Trail Walks - Healthy Snacks
- Jogging Club in School Gym
- Orienteering (Map and Compass)
- Pedometer Challenge
- Scavenger Hunt in the Community
- Stretching Activities
- Track - Run Laps Together
- Walking
 - Ghost Walk
 - Nordic Walking
 - Walking Challenge -Walk Across Canada/NB
 - Walking Club at Lunch/After School
 - Walk in the Park/Staff Picnic
 - Walking Tape
 - Walking Tour of a City/Town

June - Outdoor Activities

Breathe in the Outdoors

Activities

- BBQ Recipe Swap
- Beach Clean-Up
- Beach Day BBQ
- Beach Volleyball
- Beach Walk
- Biking Club
- Bird Watching
- Boating (River Cruise, Boat Tours, Water Safety)
- Camping
- Car Rally
- Craft Making (Beach Bags, Hats to Raffle)
- Garden - Plant Swap/Flower Planting
- Garden Tour and BBQ
- Golf (Best Ball Competition, Scramble)
- Horseback Riding
- Kayaking/Canoeing
- Kite Flying
- Mini-Golf
- Nature Walk
- Old Fashion Country Fair
- Outdoor Spa Day - Pool or Cottage
- Photography
- Rock Climbing/Repelling
- Scavenger Hunt
- Softball Game
- Staff Picnic
- Teacher Fun Day (Hopscotch, Sock Hop, Jump Rope, Sac Races)
- Tennis
- Tubing
- Ultimate Frisbee
- Whale Watching
- White Water Rafting