


**Wales Primary
Wellness Week 2024
January 16th-19th**

Date	Theme	Donations being collected for FISH	Events
Monday, January 15th	 A graphic featuring a silhouette of Martin Luther King Jr. in profile, facing right. To the right of the silhouette, the text "MARTIN LUTHER KING DAY" is written in a bold, sans-serif font. "MARTIN" and "LUTHER" are in a smaller font size, while "KING" and "DAY" are larger and more prominent.	No School Today	PTO sponsored ice skating at East Aurora Rink 9:30AM-11AM
Tuesday, January 16th	Wear your workout clothes and be sure to exercise at least 3x a week.	Canned, packaged Meat	Unique Foods- all classes will have the opportunity to learn about and try a variety of unique foods.
Wednesday, January 17th	Wear the color of your favorite fruit to remember to eat at 5 total servings of fruits and vegetables	Grains, Pasta, Cereal	Kids Heart Challenge -whole school Kick-off assembly 9:10-9:40
Thursday, January 18th	Wear the color of your favorite vegetable to remember to eat at 5 total servings of fruits and vegetables	Canned Vegetables	Magic Milk Show- whole school assembly 2pm
Friday, January 19th	Wear your PJ to school today to remember to get at least 9 hours of sleep per night	Canned Fruits	Master Chongs Tae Kwon Do- all students during PE classes