

Gertrude Walker Health Week January 25-29, 2021

Monday-January 25, 2021 –Mental Health Day

Remember to be kind. The words we say to one another are very important so use them wisely. Do a good deed for someone today. Smile it brings happiness!

Be sure to drink plenty of water. Wearing a mask can make us forget to drink water and stay hydrated. Drink every hour.

Wash your hands, wear your mask be sure to social distance.

Tuesday-January 26, 2021 Nutrition Day- Heart health awareness day. Wear red or green.

Good nutrition is so important, stay healthy eat your fruits and vegetables daily.

Dental Day-Dental Activity sheet handouts for teachers to give to students promoting good Dental care.

Wednesday - January 27, 2021 –Drug Awareness Day- Don't Smoke, Vape, or do drugs. Assorted be safe and healthy handouts for teachers to give to students.

Take back prescription drug day. Drop boxes for unused medications/drugs are located in the Lobby at Garden City Police Department and St. Catherine Hospital ER lobby. Crime Stoppers hot line number is 620-275-7807

Thursday-January 28 2021 -Physical Activity Day –Classroom Walk/Brain Break day. Wear your comfortable school appropriate athletic attire. Be Active every day!

Friday- January 29, 2021- Safety Day

Seat Belt Safety wear your seat belt. Don't text and drive. Don't text and walk. Stay alert and be aware of your surroundings at all times.