

Namaste's 1st Annual Health Week!

Mon., April 24

**New Menu Item
Taste Test!**



K-8 students will taste test a new item to add to our menu during lunch!

Staff Smoothies



**Family Run with Mr. Reggie!
(4:15-5:30PM)**



Meet with Mr. Reggie and the running club for a run/jog around the community!

Tue., April 25

**Teachers vs. Students
Wacky Obstacle
Race**



Students and teachers will race in an obstacle course during their recess!

**Community Zumba
(4:15-5:15PM)**



ZUMBA®

Join us in the GMR for a Zumba class taught by an instructor from Lifetime Fitness!

Wed., April 26



We will be meeting at the following locations and walking as a community to school!

Murphy Park: 37th and Sealy @ 7:30AM
McKinley Park: 33rd Place and Paulina @ 7:30AM



Come and support 15 Namaste Students compete in a cook-off!
(4:30-5:30PM in the Rainbow Cafe)

Thur., April 27

**Community Yoga
10:00-10:45AM
In the Fitness Center**



All families and community members are welcomed!

**Move Your Body
(3:05-3:10PM)**
school wide
movement break!

(3PM transition to blackout)
3/4: 3:00 5/6: 3:01
7/8: 3:02 1/2: 3:03
K: 3:04



Fri., April 28

Plank Challenge!



Everyone will hold a plank position for 1 minute every hour on the hour!



Memory Minute



After plank, engage in 1 minute of meditation to center the mind and body for learning!