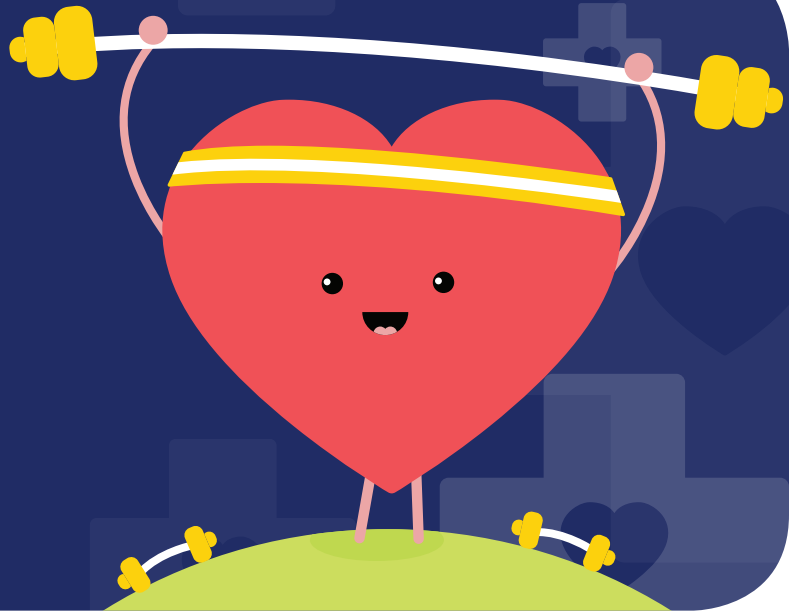


# FEBRUARY IS HEART HEALTH AWARENESS MONTH!



Join the Wooster City Schools and the American Heart Association to promote the importance of a healthy heart!

## **JANUARY 28 - FEBRUARY 21**

WCSD Staff "Walk to Cleveland Challenge"  
(walk 50 miles in 25 days)

## **FRIDAY, FEBRUARY 1: NATIONAL "WEAR RED" DAY!**

## **FRIDAY, FEBRUARY 8:**

Perry Hot Shots at All Elementary Schools

## **WEDNESDAY, FEBRUARY 20**

WHS Staff vs. Student Basketball Game, 5-5:45 p.m.  
(prior to the Wheelchair Basketball game)

## **FEBRUARY 18 - 22: SPIRIT WEEK**

**MONDAY:** NO SCHOOL

**TUESDAY:** Double Team Heart Disease: Twins Day

**WEDNESDAY:** Be a Heart Hero: Dress Like a Superhero Day

**THURSDAY:** Sock it to Heart Disease: Crazy Socks Day

**FRIDAY:** Heart Health Day: Wear Red

## **FEBRUARY 4 - MARCH 1:**

Elementary: "Kids Heart Challenge - Jump"  
Middle School: "Kids Heart Challenge - Hoops"

## **FRIDAY, FEBRUARY 22**

### **Home Varsity Basketball Game-Heart Health Showcase**

- ✓ Student Section and Fans – Wear red! Adult and Student sections have the opportunity to participate in a heart health activity
- ✓ Heart health facts announced during the game
- ✓ Half-time events to collect donations, including students invited on to the court to jump rope
- ✓ In the lobby and commons area prior to and during the game:
  - **Blood Pressure Screening**
  - **Hands only CPR**
  - **Graffiti Wall, photos with AHA character**
  - **Wooster City Schools health initiative**
  - **Five-Minute Yoga**

\*Students in grades PK-12 who wear a red article of clothing will receive free admission to the basketball game.



[woostercityschools.org](http://woostercityschools.org)