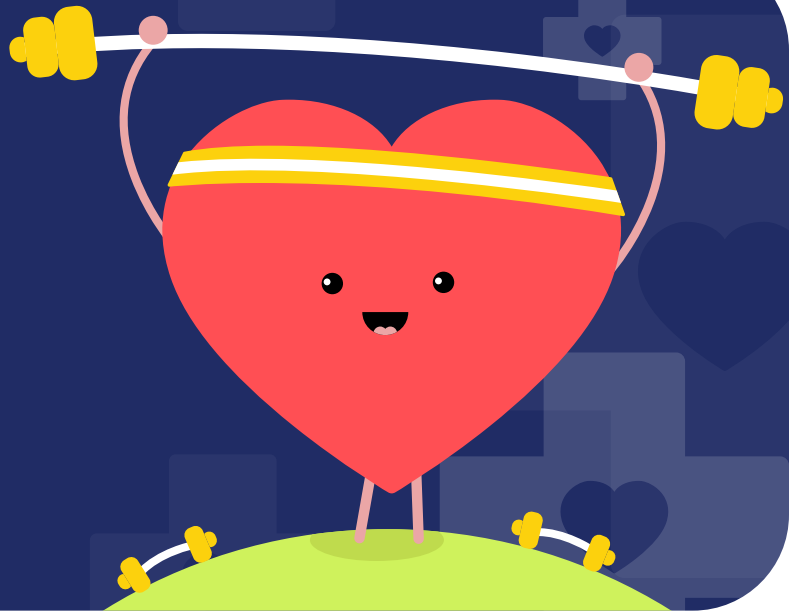


FEBRUARY IS HEART HEALTH AWARENESS MONTH!



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

TUESDAY, FEBRUARY 4

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 and half court shots
- ✓ In the lobby and commons area prior to and during the game:
 - **Blood Pressure Screening**
 - **Hands only CPR**
 - **Vaping display**
 - **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.**

FEBRUARY 4 - FEBRUARY 28

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

FRIDAY, FEBRUARY 7: NATIONAL “WEAR RED” DAY!

FRIDAY, FEBRUARY 7:

Perry Hot Shots at All Elementary Schools

FEBRUARY 7 - 28:

Elementary: “Kids Heart Challenge - Jump”
Middle School: “Kids Heart Challenge - Hoops”

FEBRUARY 10 - 14: SPIRIT WEEK

MONDAY: Warm up your heart! Pajama Day

TUESDAY: Team up against heart disease! Jersey Day

WEDNESDAY: Sock it to heart disease! Crazy Socks or Hat Day

THURSDAY: Color out heart disease! Wear your favorite color

WHS: Color Wars

8th - green

9th - yellow

10th - blue

11th - white

12th - black

FRIDAY: Generals have heart! (Wear red/hearts)

