

As a New Year begins, I don't know about you but I always feel I need to clean out all the old junk and make room for new beginnings. I must be patiently aware that I will not be able to clean up everything in one day or one weekend; it will take some time.

Then a funny thought came to me. I asked myself, do I also need to clean up myself? Do I evaluate myself every year? No, I don't! I accumulated a lot of junk into my body without taking actions or even have a plan to deal with it. I have been living in this house (my own body) for 20? 30? 40? (plus years in my case) years that I have accumulated or added many unaccountable things Sweets, calories, pounds of flesh, even un-needed stress.

Just like adding clutter doesn't add value in my home, it has no value in ME. A plan, a goal, or a positive mindset is what I need in dealing with myself. I need to analyze what habits have brought me to the here and now.

I realize I need to set a timer, and start today to evaluate myself on a daily basis. I really need to get rid of something that added on to me! I will take care of my house as well as myself! It will take time to let it go. Eventually, I will have a sense of control and accomplishment. This year, I will achieve my New Year resolution! I promise to resolve myself!

Please support the initiative! January 14th-18th *we have a Wellness Week with a couple special activities for the kids! Here is a brief synopsis . (**Brought to you by Ms Leel's amazing ideas, Kristen's support and Danielle's willingness to help the team!*)

Mindful Monday: Begin your day and week as a SUPERSTAR! List 5 positive things in your life. (We will hang star projects throughout the school.) Be aware of yourself, the things you are proud of and accept the things you are working to improve. Life is ever-changing and a constant journey toward the greatness you deserve!

Try it Tuesday: (Enjoy a buffet of all fruits and veggies after you are done your lunch Be sure to stop by the photo booth too!). These boost your entire body with vitamins, and minerals that are essential to total body wellness! Fruits and veggies should make a statement at every meal and take up half your plate! Make it a point to take a piece of one you have NEVER tried before! ***You can do it!***

Washing Wednesday: Let's cleanse ourselves and our environment! (Students can clean their desks and class to music for 10 minutes. Hand outs of soap/sanitizer will also be offered.) Hand Hygiene is paramount to Health. No one wants the flu or a stomach bug! Keep your hands clean, remember to wash for 20 seconds and monitor your habits. Do you wash well before meals, and after a potty visit? Hygiene extends further than hands! Brushing your teeth, and hair, as well as wearing clean clothing keeps you healthy! Who picks up after you at home? Can you do more? What does your desk look like? Grab a broom and lend a hand. Maybe Mr. Crush will be impressed to see a clean class room!

Thoughtful Thursday: Respect counts! Be respectful of others! Respect can start with being polite and using our manners! Remember The GOLDEN RULE!~: *Treating others as we would like to be treated* Say please and thank you maybe give a compliment or two! There is much we can do for others if we just set our mind to it! And it feels good to be a part of something bigger than ourselves. (Neil Stone will be visiting to do a special assembly on RESPECT!)

Foot Forward Friday: Put your best foot forward! Join the whole school in a 20 minute afternoon walk (much like we did for the trot) . Walking is great exercise! The National Institute of Health recommends adults walk at least 10,000 steps per day! And children around 11,000 or more! How many steps do YOU take in one lap around the school?, and how many laps can YOU do in 20 minutes of walking? Do you park close to the store or in a spot far away? In the journey of life, and wellness, **every step counts!**