

Wellness Week

Astronauts Sharpen the Saw Habit 7



During the week of Nov. 9th- 13th, McWhirter Elementary will be sharpening the saw by practicing self-care. We will be having different dress-up days as well as activities in the classroom that focus on sharpening the saw and the importance of it.

Here are a few activities that will be happening at our campus:

Mellow Monday- Relaxation techniques and wear your favorite pajamas

Workout Tuesday- Workout clothes– Yoga and wellness techniques

Thank a Veteran Wednesday- Wear red, white, and blue

Thankful Thursday– Write a thank you note (TRRFCC card) to staff members/ student– Wear a thanksgiving or fall shirt

Feel Good Friday– Wear your McWhirter Spirit shirt with workout bottoms

The
Leader in Me[®]
great happens here

 Murray Made It!