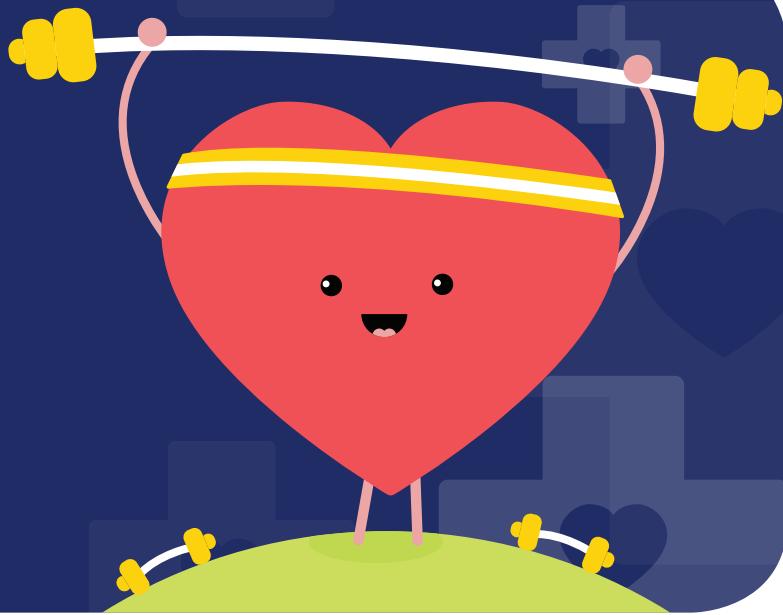


FEBRUARY IS HEART HEALTH AWARENESS MONTH!



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.