

What is Jordan School District's HEALTH & WELLNESS DAY?

Jordan School District has converted Friday, February 7th, 2025 into a Health & Wellness Day for employees, students, and families.

Together with your family, we invite you to participate however you see fit. There are activities for students of all ages to help them focus on their own health and wellness. The resources are available on our website so you can make choices about what would be most helpful and appropriate for members of your family.

Students do not need to submit their work from the Health & Wellness Day. There will be no school meals, busing, or access to teachers on Friday, February 7th, 2025. The true prize of Health and Wellness Day is a greater sense of well-being, as well as more tools in our wellness toolboxes. This year, we are excited to announce a chance to win prizes for participating in the wellness activities. To enter, please complete an activity (or a few) then complete a Google Form (QR code below) to enter the drawing to receive a prize. We are all winners on Wellness Day!

We take seriously our role as a support to the learning that happens within the family. We hope you will find these resources helpful in promoting greater health and wellness in our community.

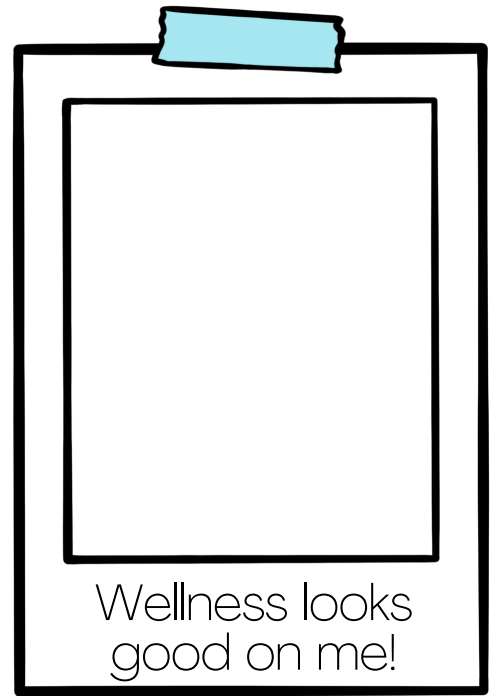


Scan to access our Health and Wellness Day activities: Scroll to the bottom of the page; click on the appropriate grade level heart icon.



Scan to enter the prize giveaway

Planning My
WELLNESS
QUEST!



Wellness Day is Friday,
February 7th and I can't
wait! To me, wellness
means _____

_____. I
take care of me by _____

_____.
Practicing wellness with other people is the
best! Some people I like to practice wellness
with are _____,
and _____.

On Wellness Day, I am most looking forward
to _____
