

MARCH: JAGUAR JOG + HEART HEALTH MONTH



IB Learner Profile:
Balanced

3 Bs: Be Safe
Be Responsible

MindUP:
Mindful Movement
Practicing focused
awareness

How do you get your heart
beating and pumping?

Check out these ideas:

- Dance party for 1 minute
- Read standing up
- Run in place for 1 minute
- Practice spelling by
doing a jumping jack for
each letter

Energized about
reading?
Click [here](#) for
eBooks about sports
and wellness.



ACTIVITIES:

We would love all of you to continue to stay connected with us and participate in the monthly themes. Here are the activities for March. Choose one or both!

Send in a Warm Fuzzy

Did someone fill your heart with happiness?
Thank them with a warm fuzzy!
Online on the Wellness Page (click [here](#))

Draw a picture/Take a picture/Write something of how you take care of yourself. What kinds of exercise do you like to do? Jumping rope, breathing exercises, dancing, running ...there are so many ways to get active.

Share your pictures here:
<http://plicbooks.com/go/HiHJG>

Questions?
Contact Julie Mikami, AHS Counselor
Julie.Mikami@k12.hi.us



JAGUAR JOG IS COMING!

Group 1: Thursday, March 11
Group 2: Friday, March 12

AND SPIRIT WEEK!

March 8 - 12

Mar. 8 **Magical Monday**
Let's start the week with a dose of magic! Will you be a super hero, a princess, a unicorn?

Mar. 9 **Team Tuesday**
Represent your favorite team!

Mar. 10 **Word-y Wednesday**
Think Positive
Wear clothes with words!
Do you have a positive message to share?

Mar. 11 **Jaguar Jog Thursday**
Group 1: Show your Jaguar Spirit! Wear our school colors (purple/yellow) or a Jaguar Jog t-shirt.

JAGUAR
AINA HAINA SCHOOL
JOG

Mar. 12 **Jaguar Jog Friday**
Group 2: Show your Jaguar Spirit! Wear our school colors (purple/yellow) or a Jaguar Jog t-shirt.