

**3rd Annual KiMS PTSA**

**WellFest**

June 12, 2019

WellFest is an after-school event that gives students the opportunity to learn about the three pillars of wellness (nutrition, exercise, mindfulness) in a fun and relaxed environment. Over 300 students come to experience the interactive learning booths made possible by a team of volunteers and community partners that are passionate about teaching kids healthy habits that can last a lifetime.

**Whole Panther/Nutrition**

* **Sur La Table “Get Your Chef On”**
	+ Kids will have an opportunity to create fruit sushi w/SLT experts
	+ Raffle Prize: cooking class for 2, home sushi kit
	+ WC contact: Janis, Vendor contact: Meghan Morrill
* “You Are Sweet Enough”
	+ Kids will compare the nutritional value/added sugar content in everyday **snack bars**
	+ WC contact: Alexis
* THEO Chocolate “Say Yes to Dark Chocolate”
	+ Learn about the nutritional properties of dark chocolate and sample flavors
	+ Raffle Prize: THEO choc bars
	+ WC contact: Janis, Vendor contact: Carly Hood
* “Mystery Food”
	+ Guess the super food in the paper bag based on written clues
	+ WC contact: Maritza

**Ninja Panther/ Exercise**

* **Columbia Athletic Club “Go With the Flow” Yoga**
	+ Learn to stretch and breathe with a yoga instructor
	+ Raffle Prize:
	+ WC contact: Janis, Vendor Contact: Bre Rubbio/Kelly
* “Get Moving with Bassline”
	+ Go through the stations of a workout circuit and feel the benefits
	+ WC contact: Angela, Vendor Contact: Angela Fox/Jason
* “Weekday Warriors”
	+ Learn proper form doing exercises with bands, weights and a mini trampoline
	+ Raffle Prize: Free personal training session for student and a friend
	+ WC contact: Alexis, Vendor Contact: Alexis Christensen
* LWPT BPack station “Keep it Light, Check at Night”
	+ Test your skills in keeping your backpack 10 lbs or less
	+ Raffle Prize: Patagonia Backpack
	+ WC Contact: Janis, Vendor Contact: Ben Wobker/Megan/Bob
* LWHS Drill Team “Unleash Your Feet”
	+ Learn how to do a LWHS drill team mini- routine
	+ WC Contact: Janis, Vendor Contact: Lindsey/Amy
* Kirkland Bicycle “Pedaling Panthers”
	+ Promote biking as a way to stay active. Make it fun with station
	+ Raffle Prize: TBD
	+ WC contact: Janis, Vendor Contact: Josh/

**Peaceful Panther/Mindfulness**

* “Chill Out Zone”
	+ Learn relaxation/de-stressing techniques in a calming environment
	+ WC contact: Marcela
* **American Lung Association “Be Smart, Don’t Start”**
	+ Select common household items containing the same ingredients as e-cigarettes
	+ WC Contact: Barbie/Janis/Hae Sue, Vendor: Michelle Brode/YES, materials from ALA
* “Know Your Truth”
	+ Anonymously answer the question, “If you had one wish, what would it be?” on a sticky-note wall
	+ WC Contact: Maria
* **“Share Your Good Vibes”**
	+ Paint a yard sign w/your encouraging/ positive message to share with new students
	+ WC Contact: Barbie
* **“Be Kind” 5**
	+ Learn the 5 Kindness Pillars (mind/neighbors/planet/body/wallet) and set goals
	+ Raffle Prize: Set of Action Commitment Cards
	+ WC Contact: Barbie, Vendor: Teresa

**Green Panther/Sustainability**

* “Green Team Challenge”
	+ KiMS Green Team will test your skills w/a trash sorting card game
	+ Raffle Prize: frisbee
	+ WC Contact: Janis, Vendor: Riley Roth, Green Team Staffer
* 21 Acres “Plant. Grow. Eat”
	+ Compare plants grown in composted soil versus not and witness a banana in various stages of decomposition (and why this matters for our planet)
	+ WC Contact: Meredith, Vendor:

**Other Fun Stuff**

* **Selfie Booth “Panther Pics”**
	+ Take a selfie with a “WellFest” filter and send to yourself/friends
* LWHS Drill Team
	+ Drill team girls will share their amazing energy while they disperse punchcards, Skinny Pop and work booths. Quick cheer right before the raffle drawing.
* DJ
	+ Hayden Hall w/Mobile One Disc Jockey will be playing requested/clean music and making announcements throughout. Also raffle at the end.

**Food (that is not a learning station)**

* Healthy Bonez
	+ Food truck w/delicious bites for up to 300 kids
* **Taco Del Mar**
	+ 3 bite burritos- chicken & veggie, volunteers man booth
* Skinny Pop
	+ 300 bags handed out upon entry from drill girls
* KIND bars
	+ Table set up (new kind, no nuts but processed in a plant where there may be)
* Fresh fruit
	+ Watermelon, oranges quartered, small cucumbers

\*bolded items are new for this year