

**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