



NOVEMBER 2022

FITNESS CHALLENGE: Throughout the school year students will be challenged to regularly participate in physical activity at home. The fitness challenge for the month November is for students to go on a fifteen minute walk, bike ride OR run with at least one family member. If more than one family member wants to join in, that is even better. Before, after or during your exercise, take a picture or short video showing me that you completed the challenge. Once you have your picture or video, please upload it to the K-4 or 5-8 Dimmick Fit class dojo page. This challenge is worth 5 Dimmick Fit points and will be awarded by the end of the month. Have fun and be safe!

HEALTHY EATING CHALLENGE: The new challenge for the month of November is Grapefruit. Students are to sample eating the fruit. You may eat it as is, juice it or add it in a smoothie. Grapefruit is packed with nutrients that help with fighting cancer, boosts the immune system and boosts metabolism. When the student has completed the challenge, a picture or video must be added to the class Dojo story. Students in the K-4th grade will post on the K-4 Dojo page and students in 5-8th grade will post on the 5-8 page. Upon completion of the challenge, students will receive 5 Dimmick Fit points in class Dojo.

SEL Monthly Challenge: Hello Dimmick Braves! We hope everyone enjoyed some Halloween treats and had some fun! We can't believe we're already into November.

When we think of November, the word GRATITUDE comes to mind. What is gratitude? Gratitude means being thankful. According to Harvard Health and Healthline, there are many benefits to practicing gratitude in your everyday life. These benefits may include better sleep, increased happiness and positive moods, better physical and emotional health, stronger relationships with others, more resilience, and reduced levels of stress and burnout.

For your November SEL Challenge, we'd like you to complete a Gratitude Scavenger Hunt. In this scavenger hunt, we want you to find:

1. A person you're grateful for
2. Something outside you enjoy seeing or doing
3. Something useful for you
4. Something that makes you feel happy
5. Something or someone that helps you feel safe

As you complete your hunt, you can write down your answers, type them on a computer, make a video, or even complete it as a collage, drawing, or other art project! Be sure to submit your completed hunt to Class Dojo by the end of the month and receive 5 points!