



MARCH 2023

FITNESS CHALLENGE:

The fitness challenge for the month of March is the alphabet challenge. An exercise has been assigned to each letter of the alphabet. This list can be found on the class Dojo story or a hard copy can be requested at school. Students are challenged to complete the exercises next to the letters in their first AND last names. If students want to challenge themselves even more, they can do their middle name, pets name, or a family member's name. In order to receive credit for this challenge, please upload a picture or video of yourself completing the alphabet challenge. Have fun and remember daily exercise can improve your brain health, reduce the risk of disease, strengthen muscles and bones, and relieve stress and anxiety.

HEALTHY EATING CHALLENGE:

The new challenge for the month of March is cabbage. Students are to eat cabbage in coleslaw, soup, or in a salad.

Cabbage is highly nutritious and rich in Vitamin C and K. Research shows that it helps support digestion and improve heart health.

When the student has completed the challenge, a picture or a video must be added to the class Dojo story. Students in the K-4th grade will post on the K-4 Dojo page and the students in the 5-8th grade will post on the 5-8 Dojo grade. Upon completion of the challenge, students will receive 5 Dimmick Fit points in class Dojo.

SEL CHALLENGE:

Hello Dimmick Braves! This is your social work intern Ms.Rowland

Over the last month, all of our grade levels have been receiving extra social-emotional lessons during PE classes, many of which included lessons about bullying. We learned that bullying is a big problem, not just in our school or town or even our state, but all over the world. We also learned about ways we can stand up to bullies, or in other words, ways in which we can be an UPSTANDER. An UPSTANDER is someone who stands UP to bullies, instead of just standing by (like a bystander would do).

So, for the March SEL Dimmick Fit Challenge, we want YOU to be an UPSTANDER! Tell us how you can be a great upstander by creating a poster or making a video encouraging yourself and others to be UPSTANDERS! For example, you might use messages like "Say NO to Bullying!" or "Stand Up So Others Don't Feel Down!" You can submit your video on class Dojo, or hang your poster on the glass windows outside the office at school. We're looking forward to seeing all of your ideas on how to be an UPSTANDER!