



## Clayton Public Schools Introduces: Wednesday Wellness Tips of the Week!

Every Wednesday, K-12th grade Clayton students will be provided with a wellness tip of the week!

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Video Production students will include this segment as part of the morning announcements. Wellness tips will range in topics from social/emotional wellness to nutritional and physical wellness.

### Some upcoming tips include:

-What's in your food? See how many ingredients you can actually pronounce on the ingredient label of your favorite snack! Not sure how to say it? Maybe skip it for a piece of fruit instead!

-When thinking about changing to make healthier choices, stay positive! If you do things with a smile on your face, the whole experience will be much brighter!

Students and staff are looking forward to a happy and healthy school year!

