

Itinerary: Race to Wellness

Lakeview Elementary School

May 21, 2024

7:30: Wellness team arrives, vendors arrive (7:50 gates open for parent drop-off)

Already on the field:

12 canopies

12 tables

Cones

Relay Batons

8:40: 5th graders arrive with teachers

- Bacca & Smith
 - 8:45 - 9:15: Fruit & veggie presentation (*amphitheater*)
 - 9:15-9:20: Introduction/instructions (*Michelle*)
 - 9:25-9:50 (25min): Baca students to the get fruits and veggies, Smith students go to the Wellness bus
 - 9:50-10:15 (25min): Smith students to the get fruits and veggies, Baca students go to the Wellness bus
 - 10:15- drop all belongings into your teacher's bin with your name
 - Art table available if they finish early at any point
- Galvez & King
 - 8:45 - 8:50: Start at lunch tables, introduction/instructions divide kids into 5 groups (*10 kids in each group*)
 - 8:55 - 10:15 (80min): Each group rotates through the 4 stations **EACH STATION IS 20 MIN AND WE WILL ALL MOVE TOGETHER WITH SOUND**
 - 10:15: Drop passports off at classroom bins

10:15: 5th grade recess

10:40: Student return from recess and groups swap

- Galvez & King
 - 10:45 - 11:15: Fruit & veggie presentation (*amphitheater*)
 - 11:15-11:20- Introduction/instructions (*Michelle*)
 - 11:25-12:05 (40min) Galvez students to the get fruits and veggies, King students go to the Wellness bus
 - 12:05-12:45 (40 min) King students to the get fruits and veggies, Galvez students go to the Wellness bus
 - Art table available if they finish early at any point

- Bacca & Smith
 - 10:45 - 10:50: Start at lunch tables, introduction/instructions divide kids into 5 groups (10 kids in each group)
 - 10:55 - 12:45:(100 min) Each group rotates through the 4 stations **EACH STATION IS 25 MIN AND WE WILL ALL MOVE TOGETHER WITH SOUND**
 - 12:35: Finish up art

12:45-1300-

- Finish up art if not complete
- Pick up fruit cup
- Go to class to get your lunch
- Wellness team:
 - Brings classroom bins with fruit & veggie baskets, and hygiene/sleep kits to classrooms
 - Collects passports and gives them to Tiger for the raffle