

# Rumson Students Promote Wellness

Throughout the month of May, Rumson students and staff celebrated Wellness Month. Each Wednesday, different events were featured with the theme of being well...body and mind. Events featured mindfulness, health and nutrition education, Screen Free activities, as well as a month-long Juvenile Diabetes Campaign, spearheaded by Grade 8 student, Jack Callinan and his family.



Forrestdale School student leadership groups were instrumental in designing and promoting events throughout the district. The Student Government Association (SGA) partnered with Lunch Break, collecting non-perishable items during a “Stuff a Truck” Event as a means to help others be well and for students to feel well helping others. Additionally, the SGA promoted the wellness of significant females in the students’ lives by participating in Riverview’s Paint the Town Pink by enclosing informational exerts in Mother’s Day Cards about early mammogram screenings. The National Junior Honor Society sponsored Bike to Ignite Day (Bike or Walk to school day) in coordination with the Rumson Police Department who scheduled

officers to be out and about town on bikes.

Wellness month also allowed for teachers and students to come together to put down their devices during a teacher-sponsored Game Night for all parents and students. Teachers played life-size Jenga and human Hungry Hungry Hippos with their students in honor of Screen Free Day! Screen Free Day asked Rumson teachers and families to rediscover the joys of life beyond the screen, by unplugging from digital entertainment and spend free time playing, reading, daydreaming, creating, exploring, and connecting with family and friends!



Lastly, the month ended on Wednesday, May 30, 2018, with a final Walk-a-thon Event for the Juvenile Diabetes Research Foundation (JDRF). Students collected donations throughout the month and then participated in an after school event, led by Peer Leaders and Grade 8 student, Jack Callinan. Jack and his family raffled off prizes to students as well as the homeroom that collected the most donations. JDRF funds research that transforms the lives of people with type 1 diabetes (T1D). Their mission is to find a cure; however, along the way, their research continues to drive scientific progress that delivers new treatments and therapies that make day-to-day life with T1D easier, safer and healthier.