

The Wellness Fair at Mountain Shadows Elementary

(Summary - adapted)

The Wellness Fair was an event in which we were able to inform families of school, district, and local resources for physical, social, emotional, and mental wellness.

The idea came from all the classes they took at Utah PTA Leadership Convention.

Create a Wellness Committee:

Committee Members:

Health Commissioner

Safety and Welfare Commissioner

School Nurse

Teachers

Other volunteers

Invite Exhibitors from Convention:

mental health

underage drinking

seatbelt safety

internet safety

human trafficking

pornography

Additional Resources:

Physical health, (local fitness center)

Dentist

District Health Professionals (school nurse, physical therapist, occupational therapist, etc)

If exhibitors weren't available the day of the Wellness Fair, they sent pamphlets and other resources, so volunteers could learn and share that information.

Activities for the kids:

Obstacle course for students

Craft for the kids, mindfulness coloring pages or bookmarks. Give parents a chance to talk to exhibitors about sensitive subjects, if needed.

Yoga

Games or activities at each table

Boost Attendance:

Food Truck

Pizza

Door Prizes (ask for donations from the community)

a scooter, water bottles, mindfulness coloring books, and a soccer ball, family swim passes, Yogurtland gift certificates, and a game store donated some games.

Advertising:

Flier home a few weeks before the event

Video to show on the weekly school news.

Posts on social media

Email to all parents

Feedback:

The event was a success! We had a bunch of people showing up a few minutes before we were supposed to start, and had a steady stream of people coming all night. Exhibitors were busy talking to people, families got a bunch of swag, and there was so much information given out. The obstacle course always had a line, and the craft table was always full. We had enough volunteers and everything ran smoothly. Parents, kids, and teachers were all happy and enjoyed it. We were elated! It was such a great event! We were so happy and excited!!

Teachers were so grateful for this Wellness Fair. They see many of their students struggling every day. They understand how important this is, especially mental health.

Our budget was only \$200. We used mostly school resources and supplies for the craft and obstacle course. We spent \$50 on bottles of water for each student for Water Wednesday. We bought some supplies, and the rest was for prizes. . . . Now that we have a list of exhibitors with contact information, it will be much easier for next year, and easy to share with other schools.

The Wellness Fair was a lot of work, but it was definitely worth it. This event encompasses the reasons why I serve in the PTA and love it. It's all about the kids. We want the best for them, and we want them to feel loved. These students are so amazing and so special. Helping them realize that, and helping them learn how to strive for full wellness, will make happier and more empowered kids.

[\(read full award entry here\)](#)

Mountain Shadows Elementary School

Wellness Fair



Save the date!!
Wednesday, October 6th, From 5-7pm.

Mountain Shadows PTA is excited to announce our first Annual Wellness Fair open house! This event is FREE and will feature a wide range of wellness topics, exhibitors, and valuable resources. We will also have some fun activities for the kids!

Some of the exhibitors include:

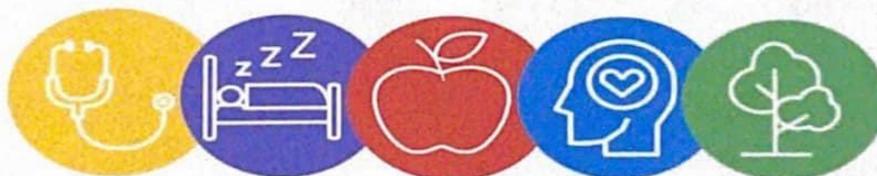
- Parents empowered (Preventing Underage Drinking)
- Defend young minds (Internet Safety)
- Protect Now (Internet Safety)
- ICAC (Internet Crimes Against Children)
- Click It Utah (Seatbelt Safety)
- Primary Children's Child life specialists (Mental Health)
- Jordan Health and Wellness (Mental Health, Coping skills)
- Burg Children's Dentistry and Orthodontics
- School Programs and Resources
- KOPFC (Kearns Oquirrh Park Fitness Center)

Bruges Belgian Bistro will have their Food Truck set up in the parking lot for all of your dinner needs. You can check out their menu at: www.brugeswaffles.com



- **All guests will get to enter a drawing for some AWESOME prizes!**
We will be giving away a scooter, some sports balls, games, insulated water bottles, KOPFC swim passes and more!!
 - Exhibitors will have fun free swag to hand out!

Come celebrate WELLNESS with us!



Mountain Shadows Elementary PTA Wellness Fair 2021



Primary Children's Child Life Specialists



Protect Now



Jordan Health and Wellness



Click It Club



PTA Volunteer



School Recourses - Principal and School Rep



Parents Empowered





Kearns Oquirrh Park Fitness Center



Craft and Obstacle Course



"My children loved the mental health booths, and of course the obstacle course. I loved seeing so many families coming in together."

"I had SO much fun tonight! I'm honored to be with such an amazing group!"

"I am so excited that it went so well. My kids said we should do that again."

"You all did awesome! Thank you for all the hard work on putting that together!"

"It was an amazing night! My son was disappointed we had to leave early. Thanks for the great evening!"

Mountain Shadows Elementary PTA Wellness Fair 2021

