



Spartans PAUSE Schedule

Wellness Activities Once a Month and During Finals
 Take Time to . . . PLAY, EAT, CONNECT, RELAX and HELP

Thursday Aug. 29
 Thursday, Sept. 26
 Thursday, Oct. 10
 Thursday, Nov. 21
 Friday, Dec. 13

Thursday, Jan. 30
 Friday, Feb. 28
 Thursday, March 26
 Thursday, April 30
 Friday, May 29

Activities may include:

- Morning Snacks
- Bubbles in the Quad
- Giant Games
- Fruit-Infused Water
- Therapy Dogs
- Fruit and Veggie Buffett
- Tie Dye
- Massage
- Cookie Decorating
- Jazz Band
- Friendship Bracelets
- Hot Chocolate
- Stress Relief Balls
- Ukulele Circle
- Farm Animals
- Music
- Yoga



PAUSE and Take Time for Yourself
 Brought to you by the MVHS PTSA, ASB
 and others who care about student wellness

