

# August

Dixie Hollins High School

2019

## Health Squad Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All workout sessions are located in room 103 at 2pm unless otherwise specified				1	2	3
	4	5	6	7	8	10
11	12	13 Faculty meeting	14 First day of school	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Activities/Programs to add to schedule:	9-5-2-1-0 theme Freshman orientation, club night, kick-off/recruitment event, social media		= No School	  		

# September

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Health Squad initial meeting @ lunch Lunch provided, t-shirt distribution Pantry Manual Training	11	12	13	14
15	16 Workout: Mr. Pree Pantry Inventory Training	17 Pantry First Delivery	18	19	20 First Pantry Distribution	21
22	23 Workout: Mallory	24	25	26	27	28
29	30 Workout: Mr. Pree					
All workout sessions are located in room 103 at 2pm unless otherwise specified						

# October

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pantry Delivery	2 Lunch & Learn: Breakfast on the Go	3	4	5
6	7 Workout: Mr. Pree	8	9	10	11	12
13	14	15 Pantry Delivery	16	17	18	19
20	21 Workout: Mr. Pree	22	23	24	25	26
27	28 Workout: Brandon	29 Pantry Delivery	30	31		
All workout sessions are located in room 103 at 2pm unless otherwise specified						

# November

2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Workout: Mr. Pree	5	6 Lunch & Learn/Cooking: Healthy Thanksgiving	7	8	9
10	11 Workout: Mallory	12 Pantry Delivery	13	14	15	16
17	18 Workout: Mr. Pree Wellness Week	19 Wellness Week	20 Wellness Week	21 Wellness Week	22 Wellness Week	23
24	25	26	27	28	29	30
All workout sessions are located in room 103 at 2pm unless otherwise specified						

# December

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Workout: Mr. Pree	3 Pantry Delivery	4	5	6 Fall Semester Field Day!	7
8	9 Workout: Mallory	10	11	12	13	14
15	16 Workout: Mr. Pree	17 Pantry Delivery	18	19	20 End of First Semester	21
22	23	24	25	26	27	28
29	30	31				
All workout sessions are located in room 103 at 2pm unless otherwise specified						

# January

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13 Workout: Mr. Pree <i>Spring Break Challenge Starts</i>	14 Pantry Delivery	15 Lunch & Learn	16	17	18
19	20	21	22	23	24	25
26	27 Workout: Mr. Pree	28 Pantry Delivery	29 Kickball practice	30	31	
All workout sessions are located in room 103 at 2pm unless otherwise specified						

# February

2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Workout: Mallory	4	5 Lunch & Learn	6	7	8
9	10 Workout: Mr. Pree	11 Pantry Delivery	12	13	14	15
16	17	18	19	20	21	22
23	24 Workout: Mr. Pree	25 Pantry Delivery	26 Kickball Practice	27	28	29
All workout sessions are located in room 103 at 2pm unless otherwise specified						

# March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Workout: Mr. Pree	3	4	5	6	7
8	9 Workout: Mallory	10 Pantry Delivery	11	12	13	14
15	16 Spring Break	17	18	19	20	21
22	23	24	25 Kickball Practice	26	27	28
29	30 Workout: Mr. Pree	31 Pantry Delivery				
All workout sessions are located in room 103 at 2pm unless otherwise specified						



# April

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Workout: Mallory	7	8	9	10	11
12	13 Workout: Mr. Pree	14 Pantry Delivery	15	16	17	18
19	20 Workout: Mallory	21	22	23	24	25
26	27 Workout: Mr. Pree	28 Pantry Delivery	29 Student vs Staff Kickball Game	30		
All workout sessions are located in room 103 at 2pm unless otherwise specified						

# May

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Workout: Mallory	5	6	7	8	9
10	11 Workout: Mr. Pree	12 Pantry Delivery	13	14	15	16
17	18 Workout: Mr. Pree	19	20	21	22	23
24	25	26	27	28	29 Last day for all students	30
31	All workout sessions are located in room 103 at 2pm unless otherwise specified					