



APRIL IS
MOVE MORE
MONTH



2024

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Open transfer begins. Go to the HUB for information and application	2 Autism Awareness Day Wear blue or do an activity to raise awareness	3 Mark your calendar to attend the Board Meeting next Tuesday	4 Mark you calendar to attend the General Membership Meeting next Thursday	5 Call a union sibling and say TGIF!	6 Support Union Shop our list of union retailers and products
7 Do something for yourself. Take a walk today.	8 Watch for the Solar Eclipse today! Send us your pics!	9 Wear Red for Ed and attend the Board Meeting @ Finney	10 Complete the DFT Evaluation Survey, today is the deadline	11 Attend the April General Membership Meeting	12 TGIF! Show your school spirit and wear school shirts & colors	13 Mark your calendar to attend Reading Opens the World on the 27th
14 Focus on mindfulness. Practice meditating or deep breathing.	15 Plan to attend your next building level DFT Meeting	16 Be Heart Smart! Have your BP and cholesterol checked!	17 It's Wellness Wednesday. Take pictures doing something healthy and send them to us .	18 Get lessons on National Arab American Heritage Month on Share My Lesson	19 TGIF! Photograph/record your staff exercising together	20 Destress and declutter. Get rid of unwanted clutter
21 It's Soulful Sunday! Reflect on your blessings.	22 Earth Day! Make a plan to recycle, reduce and reuse at school and at home.	23 Do a random act of kindness for PreK-2 students	24 Check your email and read the Wellness Wednesday	25 If you aren't elected to your building's union structure, consider running.	26 NFL Draft Weekend! Wear your Detroit Lions or NFL gear	27 Reading Opens the World 9am-12noon See the DFT Website
28 It's Soulful Sunday! Reflect on your blessings.	29 Motivational Monday! Learn a positive affirmation with your class	30 Read the DFT Weekly Update in your email				

Send photos/videos to
DFT Communications @ vbonacci@dft231.com
Move More Month Activities
[https://www.heart.org/-/media/Healthy-Living-Files/Fitness/Move_More_Toolkit.pdf?](https://www.heart.org/-/media/Healthy-Living-Files/Fitness/Move_More_Toolkit.pdf?sc_lang=en&hash=74512C22F3EA9D2015E7854AE5417FAD)
AFT Share My Lesson
www.sharemylesson.com
Solar Eclipse Info

<https://littleguidedetroit.com/where-to-watch-the-solar-eclipse-with-kids-in-michigan/>