

## Wellness Club Purchase a Plant for a GRHS Staff Member

### **Purchase plants for your favorite GRHS staff members as a Holiday Gift!**

The **GRHS Wellness Club** is promoting **Wellness for Staff & Students in our classrooms**. Did you know...

- Plants improve mood and reduce anxiety
- Plants encourage creativity
- Plants boost indoor air quality

**Our goal is to provide a plant for every teacher, administrator, and staff area at the High School - that's 130+ plants!** We kicked off our efforts at the Holiday Market yesterday, but have not yet reached our goal.

Details:

\*Place an order online (see link below)

\*Pick the size of plant

\*Select teacher(s) / staff member(s) - or let the wellness club decide

\*The Wellness Club will write a thank you note to the teacher(s) in your student(s) names

\*The Wellness Club will deliver the plant to the classroom

**Your thank you card (with a note about the plant) will be delivered on 12/18, before the holiday break.**

**The Plant to the classroom will be delivered the first week of January (so it doesn't wilt over break)!**

Options for purchase are:

**\$10 for Small** (a succulent or other small cute plant)

**\$20 for Medium** (a leafy philodendron or similar)

**\$25 for Large** (a spiky taller snake plant or the like)

All are sized to fit on a desktop or windowsill

Please click to place an order online: <https://heartail.com/sm/FjhblGzL7>

Deadline is Weds Dec. 13



GRHS Wellness Club Plant Sale

Payment accepted through the form via paypal, venmo, or a check made to "Jason Parseghian" with "plant sale" in memo line and mailed to: 14 Ardsley Road, Glen Ridge, NJ 07028

Thank you from

The GRHS Wellness Club

Jason Parseghian, Co-President

Elle Graham, Co-President