

December 2015

Healthy Announcements



EMPOWERING STUDENTS

TO MAKE HEALTHY CHOICES

Healthy Mondays

December 7th

Were you able to have breakfast on both days over the weekend? What did you have?

December 14th

How did your pop free weekend go? The less pop you drink the less you will miss having it.

January 4th

Did you play outside over Winter Break? If so what winter activities did you do? Remember its fun to play in the snow but make sure you are always dressed properly.

Fun Fact Friday

December 4th

Did you know that when you eat a healthy breakfast you do better in school? Remember to have a good breakfast Saturday and Sunday too.

December 11th

What drink has lots of sugar added to it? If you guessed soda pop, you are correct. Try not having any pop all weekend. Water and Milk are the best choices.

December 18th

Over Winter Break you will have lots of time to exercise! Try a new winter activities like ice skating, sledding, snow shoeing or just playing in the snow. What will you do over break?