

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?