Every Kid Healthy Week

April 24th-28th

Every Kid Healthy Week is observed the last week of April each year, this special week shines a spotlight on the efforts our schools are making to improve the health and wellness of their students and the link between nutrition, physical activity and learning – because healthy kids are better prepared to learn! This year Mrs. Briggs has organized wellness challenges for our students to get involved!

Monday Screen Free Challenge!

No TV or Video Games! Play outside instead! Try a new game or activity with your family and friends!

Try It Tuesday!

Swap your lunch for healthier options:

- **Water instead of sugary juice**
- **Real fruit instead of fruit snacks**
- **Whole-wheat bread instead of white bread**
- **Whole wheat pretzels or veggies instead of chips**

Wednesday Recess Rocks!

On Wednesday's try a new recess game, ask the supervisors for directions to four square, spud, and hopscotch.

Thursday Get Caught Eating a Veggie:

Bring a veggie in your lunch and your picture might end up on the Wellness Board outside of the office!

Friday Walk or Bike to School:

Take advantage of the nice weather and get your morning exercise!