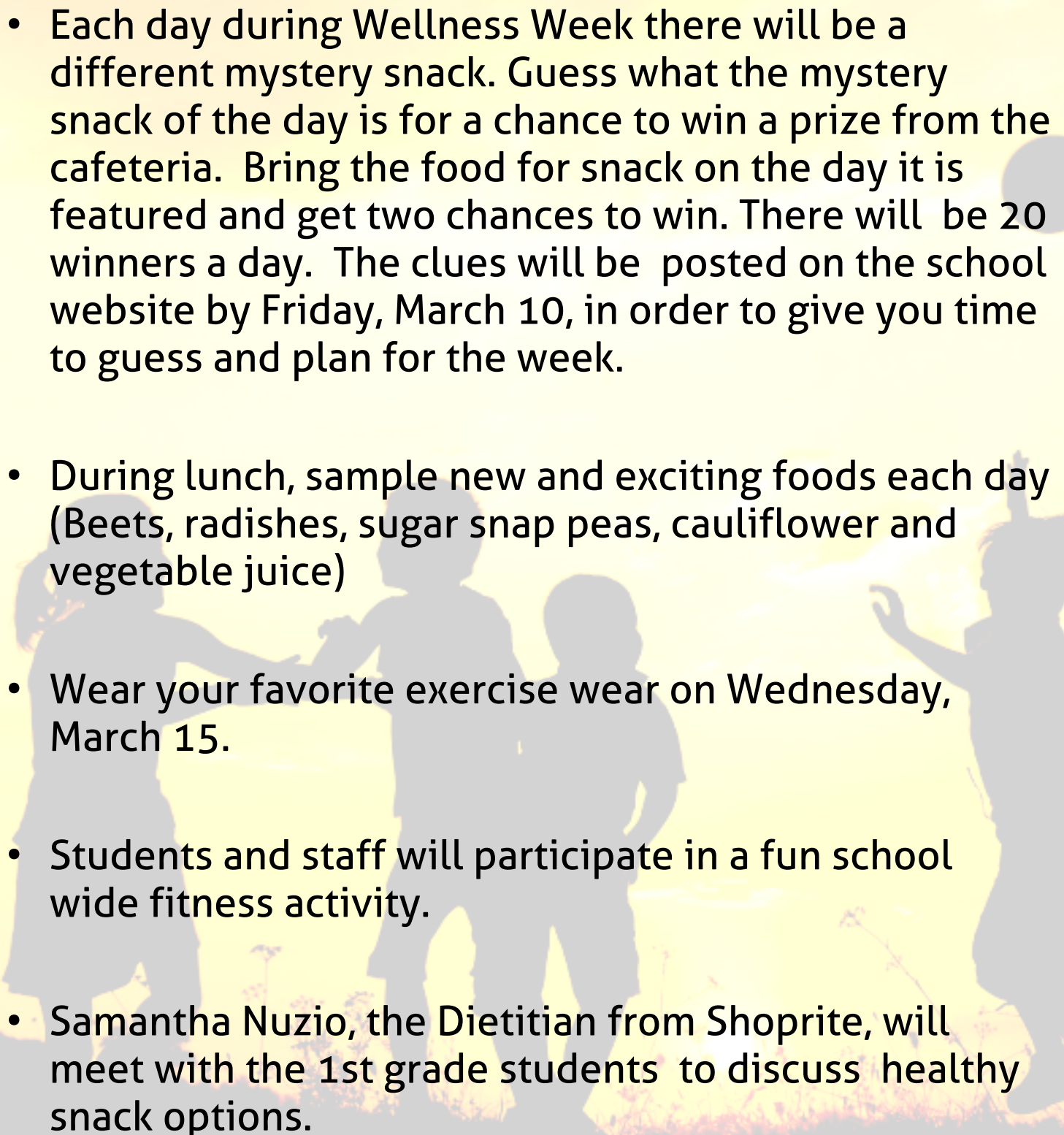


March 13-17 is Wellness Week

At Sunnymead Elementary School we will celebrate it with the following fun activities:

- Each day during Wellness Week there will be a different mystery snack. Guess what the mystery snack of the day is for a chance to win a prize from the cafeteria. Bring the food for snack on the day it is featured and get two chances to win. There will be 20 winners a day. The clues will be posted on the school website by Friday, March 10, in order to give you time to guess and plan for the week.
 - During lunch, sample new and exciting foods each day (Beets, radishes, sugar snap peas, cauliflower and vegetable juice)
 - Wear your favorite exercise wear on Wednesday, March 15.
 - Students and staff will participate in a fun school wide fitness activity.
 - Samantha Nuzio, the Dietitian from Shoprite, will meet with the 1st grade students to discuss healthy snack options.
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- The background of the slide features a warm, golden sunset over a field. In the foreground, there are dark silhouettes of several children. On the left, a girl in a dress is reaching out towards a boy. In the center, another boy stands with his hands on his hips. On the right, a girl is captured in a dynamic pose, jumping or dancing with her arms raised. The overall atmosphere is bright and cheerful, suggesting an active and healthy environment.