

# March 19-23 is Wellness Week

## **Sunnymead Elementary School Celebrates Wellness Week with the Following fun Activities:**

- Food Sampling
  - During lunch, sample new and exciting foods each day. (Granny Smith Apples, Petite bananas, fresh spinach, corn and black bean salsa, and clementines)
  
- "Eat 5 a Day Contest"
  - Starting Saturday, March 17th, finishing Friday, March 23rd, students will chart how many servings of fruits and vegetables they ate on each day of the contest period. Each student returning a completed chart will be entered into a prize drawing. The classroom that brings in the most completed charts will win a pizza party. All Eat 5 A Day Contest sheets must be returned by Monday, March 26th.
  
- Grade level fitness activities in the gymnasium:  
(wear your fitness clothing on the day your grade level is scheduled)
  - a. AM Kindergarten      Monday 8:40 am-9:00 am
  - b. PM K and 3rd grade    Monday 2:20 pm-2:40 pm
  - c. First Grade            Tuesday 8:40 am-9:00 am
  - d. Second Grade         Wednesday 8:40 am-9:00 am
  - e. Fourth Grade          Friday 8:40 am-9:00 am
  
- Eat a Rainbow A Day Fundraiser.
  - All money raised will go to the Sunnymead Benevolent Fund. All decorated fruits and vegetables will make a rainbow of food for display in the school.