

# Penny War & Health Challenge

Spring 2019

## Morning Announcement Calendar

	<b>Tuesday April 30th</b>	<b>Wednesday, May 1st</b>	<b>Thursday May 2nd</b>	<b>Friday May 3rd</b>
		<p>In honor of May being Mental Health Month, on Monday we will begin the Be More Fit Penny War &amp; Health Challenge! We will be promoting mental, nutritional and physical health during this challenge and raising money for new library books through our Penny War. For 2 weeks starting Monday, you can earn points each day to help earn your class a FREE field trip and other cool prizes! Every coin you contribute to your class tin will add points to your class's total. You can also win daily points by completing health challenges as a class. Be sure to keep listening to the morning announcements for more info!</p>	<p>The Be More Fit Penny War &amp; Health Challenge begins on Monday! You can turn in funds to your teacher at the beginning of each day to earn points and help win a field trip, a cooking demonstration, or other fun prizes! Every penny you bring in equals 1 point, nickels are 5 points, dimes are 10 points, quarters are 25 points and a dollar is 100 points. Completing the day's health challenge will gain your homeroom an additional 50 points. That's two ways to earn points every day! Remember, funds raised will go towards library books for the new Lakeland library!!</p>	<p>The Be More Fit Penny War &amp; Health Challenge begins on Monday and will go on for 2 weeks!</p> <p>1st place wins a field day field trip</p> <p>2nd place wins a cooking demonstration</p> <p>3rd place will also get a prize</p> <p>Get ready to bring in coins to your homeroom teacher and to focus on fitness and mental health with daily challenges. We know Lakeland students are ready for the challenge!</p>
<b>Monday May 6th</b>	<b>Tuesday May 7th</b>	<b>Wednesday, May 8th</b>	<b>Thursday May 9th</b>	<b>Friday May 10th</b>
The Penny War and Health Challenge begins today! We are celebrating mental, physical, and	Everyone loves pizza, but have you ever tried adding veggies to your	Vitamin C helps heal cuts and wounds and keeps your teeth and gums	Lots of people drink sweetened soft drinks. Did you know that one soda	Did you know you are supposed to get at least 60 minutes of physical activity

<p>nutritional health for the next 2 weeks. (clarify how to win points)</p> <p>Today's health challenge to completed with your homeroom is: --</p> <p>Today's fun fitness tip: Next time the rain causes you to be stuck indoors, use the steps in your house to get some exercise! Ask a family member to time you and see how many times you can climb up and down the steps in 5 or 10 minutes! Try to beat your record.</p>	<p>pizza? Next time your family orders pizza, try it with toppings like mushrooms, green peppers and onions and ask for extra veggies!</p>	<p>healthy. Fruits high in vitamin C include citrus fruits like oranges and grapefruits, and vegetables like red peppers and broccoli.</p>	<p>is like eating 13 teaspoons of sugar! Try eating a piece of fruit instead of drinking a soda next time!</p> <p>Try drinking water rather than soda when you're thirsty. Your body needs it to grow healthy and strong!</p>	<p>per day? Instead of playing video games, computer games or watching TV inside, enjoy the nice weather and take a walk, ride a bike, or have an outdoor dance party with your friends!</p>
<p><b>Monday</b> <b>May 13th</b></p>	<p><b>Tuesday</b> <b>May 14th</b></p>	<p><b>Wednesday</b> <b>May 15th</b></p>	<p><b>Thursday</b> <b>May 16th</b></p>	<p><b>Friday</b> <b>May 17th</b></p>
<p>Share your favorite fruit and vegetable with your classmates and family. Eating a variety of fruits and vegetables now will help you feel well later in life!</p> <p>Do you know where the featured fruit or vegetable is located in the cafeteria line? If not, be sure to check them out</p>	<p>Popeye was right; spinach not only helps you build strong muscles, but it tastes great too! Spinach is a spring vegetable and is in season right now! Ask your family to add it to the grocery list.</p>		<p>(announce community produce market) - and maybe a fun fact about whatever is on the list this week)</p> <p>For example:</p> <p>Did you know that the watermelon is part of the cucumber and</p>	

<p>today at lunch because they are serving up some delicious Don't miss out!</p>			<p>squash family? This sweet tasting treat goes with any meal or snack.</p>	
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