



“SPRING” INTO HEALTHY HABITS

St. Margaret Mary School’s Health Fair will be held on Friday, March 19. We selected this day because spring begins on Saturday, March 20. We look forward to welcoming the warm weather and the new life that will be “springing” up all around us. So, as spring arrives it’s a great time for us to “spring” into healthy habits.

TO GET READY FOR THIS EVENT WE ARE HOLDING A POSTER CONTEST!!

1. Create a poster that goes along with our theme above.
2. Use a standard size poster board of any color.
3. Be creative in showing how to incorporate healthy habits into your life. Your poster can focus on nutrition, exercise, stress relief, preventative care... There are so many choices!!
4. Put your name on the back of your poster and turn it in to your teacher no later than Wednesday, March 17. The posters will be judged on March 17 after school.
5. Three winners will be selected from the following categories:
Grades 1-3, 4-5, and 6-8. The winners will be announced on Friday, March 19, during our Health Fair. All winners will receive a very cool prize.

COME ON... BE A SPORT...

ENTER THE POSTER CONTEST!

