

Healthy Holidays Contest



Go out and play
with neighborhood
friends every day!

Recipe	
Dish:	Serves:
Healthy Holiday Cookie Recipe	

- * Do you have any great tips for staying healthy during the holidays?
- * When the snow starts to fly, are you dreaming of speeding down the hill on a sled?
- * How do you stay active when the weather is cold outside?
- * Do you have a recipe for a healthy holiday treat?

We want your ideas!
Tips, Recipes, Artwork, or Photograph



And, if your school turns in the most tips, recipes, artwork, and photos...
your school will win

\$100.00 in PE equipment and will be featured on the PSD website

Additional prizes will be awarded to individual students through a random selection of entrants.

Rules:

Submit a written "tip", healthy holiday recipe, photograph, or original artwork.

All submissions should be based on the "healthy holiday" theme.

Turn submissions into your PE teacher by **Tuesday, December 8, 2009**. Note: Photographs can be submitted upon return from winter break by Friday, January 8, 2010.

All submissions become the property of the PSD wellness committee (PFNAC). Please include your name, school, and grade on the back of your submission.