

**March 2007 at Springhurst
is
Fit Kids Month**

- March 2nd: **Kickoff event! SUPERSIZE ME!**
7PM Movie Night at the MS/HS auditorium
healthy snacks available for sale; i.e. natural soda,
water, seltzer, fruit, soy chips, nectar bars, etc.
- All Month long: **Walk Across America:** Each grade picks a destination
somewhere in the USA & and over the course of the
month (in gym & during recess), walks or runs to log
miles toward their final goal.
- March 7th & 9th **Blythedale Children's Hospital "Eat Well, Be Well":**
One daytime & one evening parent education
presentation to complement the k-5 lesson plans our
students & teachers will be enjoying throughout
March.
- March 13th & 27th: **Tasty Tuesdays:** During lunchtime in the cafeteria
the PTSA will offer 2 kinds of afterschool snacks.
Students will cast their vote to pick the tastiest.
Results announced over P.A. the next day.
- One Week: **No Junk Food Week:** Students and parents will sign
contracts and choose healthy snacks
- Occasionally: **Inclement Weather Recess:** Parent volunteers will
help keep the kids moving with a special activity i.e.
yoga, line dancing
- Finale: **School-wide Bunny Hop:** Bunny Hop music will play
over P.A. system while the entire school participates.
Drives home the concept that we're all in this together
& even a goofy dance qualifies as healthy movement.