



Friday, October 13, 2017

To the Parents of students in Division 3,

Over the past few weeks, the students in Division 3 have been learning about the importance of healthy eating. While learning about healthy eating, we have been focusing on the importance of eating a variety of fruit and vegetables each day.

To help reinforce what we have been learning in the classroom, all students in Division 3 will be taking part in the **Fruit and Veggie Challenge** during the week of October 16 - 19. We will be tracking the number and variety (colour) of fruits and vegetables brought to school as part of recess snack or lunch meal. I am encouraging students to bring a different coloured fruit or vegetable for each day of the week.

Monday – Green Fruit or Vegetable (e.g. cucumber, spinach, or green apple)

Tuesday – Orange or Yellow Fruit or Vegetable (e.g. yellow or orange pepper, orange, or grapefruit)

Wednesday – Purple or Blue Fruit or Vegetable (e.g. raisins, plum, or blueberries)

Thursday – Red Fruit or Vegetable (e.g. red apple, beet, or strawberries)

If you have any questions, please contact me.

Thank you for your support,

Mrs. Pook