

# St. Paddy's Week Healthy Activity Challenge

The challenge starts today and runs through March 16<sup>th</sup>.



Please color in the rainbow below as you complete the challenge activities. Once completed and signed by a parent, return the form to your teacher.

- Not sure about the mile? Run/walk the 100 Mile Club® route at lunch on Monday (1-5 grade) or come to the morning meet-up at 8:30am on Wednesday and Friday. Try for a 10 minute walk at 3 separate times. Or, jog in your driveway or in place for 5 minutes a day for 3 days.
- Thursday March 16: A green produce tasting will be offered during the lunch period.
- Friday March 17: Return forms to teachers.
- Every student that returns a completed challenge sheet will receive a St. Paddy's spirit stick.
- The class with the highest participation will win a **green smoothie party**.

This challenge is brought to you by the Parmalee PTA Health, Wellness & Safety committee.  
<http://www.parmaleepta.org/health-wellness-safety/>

▼ Detach here and return to school ▼

Name: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

