








IT'S TIME TEXAS PRESENTS
HEALTHY TEXAS
 WEEK

MAKE HEALTHY TEXAS WEEK THE HEALTHIEST WEEK OF THE YEAR AT YOUR SCHOOL!

April 29 - May 5, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Eat the Rainbow Day</p>	 <p>All-Star Day</p>	 <p>Emoji Day</p>	 <p>Pajama Day</p>	 <p>Texas Pride Day</p>

MONDAY - Eat the Rainbow Day

Wear the rainbow or choose your favorite color! We will be talking about foods of all colors and the importance of eating the rainbow. **Healthy Morning Announcement: Smart Choices**

TUESDAY - All-Star Day

Do you have a favorite team or play sports? Show off school or team pride by wearing a shirt or jersey to school! We will talk about how exercise is vital to becoming an all-star on the field and beyond.

Healthy Morning Announcement: Hydration

WEDNESDAY - Emoji Day

Wear your heart on your sleeve! Deck out in emojis, smiley stickers, a shirt with your name on it or a color to match your mood. We will discuss social-emotional wellness from the inside out.

Healthy Morning Announcement: Encourage

THURSDAY - Pajama Day

Wear your pajamas to school! Getting a full night's sleep is important for a child's development physically and emotionally. We will talk about how better health can help you get some more Z's.

Healthy Morning Announcement: Sleep

FRIDAY - Texas Pride Day

Wear your favorite boots or in red, white, and blue! Our state is famous for a lot of the things we know and love – bluebonnets, longhorns, and cowboys & girls – next on the list is health to make our state even greater.

Healthy Morning Announcement: Breakfast

POWERED BY:

