








April 29 - May 5, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Eat the Rainbow Day</p>	 <p>All-Star Day</p>	 <p>Superhero 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 - Superhero Day

Dress up like a superhero! Choose your favorite costume or make your own with a cape. Every superhero gains strength not only from the healthy food and exercise they get but also from a healthy support system. We will talk about the real heroes in your life, like family and friends, who help you reach new heights every day. We will discuss other ways children can create social and emotional wellbeing. **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**

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