



Poster Contest

Combining Art and Health

Students are invited to create a poster that celebrates the theme "How We Can Stay Healthy". The poster should be fun, motivational and inspire students to discover the connections between healthy habits and good health!

Consider how:

- Importance of an active lifestyle for physical well-being
- The importance of good hygiene.
- Nutrition and the different kinds of food needed to make sure you get all the vitamins and minerals you need.
- What can you do to get rid of germs and remain healthy.

GUIDELINES:

Posters must include the theme "How We Can Stay Healthy". Posters can be completed with any art medium (except glitter) and cannot exceed 12x18". Participating students must include their name, grade, and classroom teacher ON THE BACK. Posters can be turned in to Mr. Whitney and are due no later than Friday, February 10th.

Prizes...Prizes...Prizes....Prizes...

A **first** and **second** place prize will be award to each of the following grade categories:

K-2 3-5

Let your creativity shine through by creating a unique poster that promotes and celebrates healthy habits and good health! If you have any questions, please contact either Mrs. Barchfeld or Mr. Whitney. Have fun, and good luck!!!

Mrs. R. Barchfeld

773-1232 ext. 4034

rbarchfeld@itasca.k12.il.us

Mr. E. Whitney

773-1232 ext. 4018

ewhitney@itasca.k12.il.us