



NUTRITION AND PHYSICAL ACTIVITY ESSAY CONTEST



Guidelines for Essay:

- 1) All Strasburg 4th, 5th and 6th graders are encouraged to participate!
- 2) Choose one of the following themes for your essay:
 - 🍏 How do nutrition and physical activity work together to keep our bodies healthy and fit?
 - 🍏 Put a “nutrition twist” on a familiar fairy tale. For example: When Winnie-the-Pooh indulges in too much honey and condensed milk at Rabbit’s house, he gets stuck attempting to exit Rabbit’s hole! How could Pooh Bear improve his eating and exercise habits so he doesn’t get stuck the next time?
- 3) Essay should be no longer than 1 page typed (double spaced, 12 point font) or 2 pages hand written.
- 4) Submit essay with the entry form below.
- 5) Judging criteria will include content, accuracy of information, spelling and grammar.
- 6) Deadline for entering the essay contest is Thursday, February 26.

Winners from each grade level will receive a \$20 gift certificate from Tiger Town Apparel and a certificate of achievement. Excerpts from essays will be read during morning announcements the week prior to the 4th-6th grade Health and Wellness Fair to be held on March 6. This event is being sponsored by Ohio Action for Healthy Kids, Strasburg Elementary PTG and Tiger TAG (Teen Advocacy Group). Winning essays may be posted on the Ohio Action for Healthy Kids website.

If you have any questions, please contact Mrs. Jan Bryan, school nurse.

Nutrition and Physical Activity Essay Contest Entry Form

Student Name: _____ **Grade:** _____

I hereby submit the attached essay as my own original work and give permission for its publication as determined by Strasburg Elementary School and Ohio Action for Healthy Kids, Zone 7.

Student Signature _____

Parent/Guardian Signature _____

Return essay and entry form by Thursday, February 26 to your homeroom teacher.