



HEALTH AWARENESS WEEK: 2024

"Create a healthy body for the Lord!"

NEW THIS YEAR: Take part in the daily **FAMILY CHALLENGE!**

Monday: "Get in the ZONE!"

Tuesday: Top Chef "Food Art" Competition

Wednesday: Attend Mass and Adoration

Thursday: Play "Eagle"opoly

Friday: Read into the weekend!

Please read through the details below and plan on participating!

Monday: "Get in the ZONE!" fun run: Approved parents are needed to "run" this event. Please see the sign-up genius sent via BTCS Info to join us. Parents will be actively helping to create the *FUN* in this fun run so please bring your fun with you. Oh wait.....you might get wet and dirty! Fun run will take place at 1:45pm on the sports fields.

Tuesday: Top Chef "Food Art" Competition: Students are to use healthy food ingredients only to create a work of "ART". Please take the following 4 photos: 1.) healthy ingredients before being used, 2.) student creating "food art", 3.) final "food art" product, and 4.) student with final "food art" product. *PRIZES* for winners in the following categories: PK – 2nd grade ~ 3rd – 5th grade ~ 6th – 8th grade. Please visit this link for ideas: <https://lml.org/food-art-ideas/>. E-mail photos to mcguire@blessedtrinitycatholicschool.org.

Wednesday: Attend Mass & Eucharistic Adoration: Attend Mass and Adoration at 7pm as a family. Be sure to see Mrs. McGuire in the gathering area before you leave.

Thursday: Play "Eagle"opoly: Pull up the school website and use or print the "Eagle"opoly board game. Follow the directions listed on the board game. Please take the following 3 photos: 1.) all family members with the board game, 2.) student and at least 1 family member completing a square on the board, and 3.) the final scoresheet showing the winner. E-mail a minimum of 3 photos to mcguire@blessedtrinitycatholicschool.org.

Friday: Read into the weekend!: Visit a local library ~ join if not already members. Encourage your student(s) to check out age-appropriate books to read. If your student(s) cannot read, read to them! Spend at least 30 minutes getting lost in the pages of a book over the weekend!

Please reach out to Mrs. McGuire at mcguire@blessedtrinitycatholicschool.org with any questions about the Family Challenges or Health Awareness Week.