

## Health Awareness Week: Color Pledge 2024

Dear Parents,

The theme for this year's Health Awareness Week is "Create a healthy body for the Lord!" The week will kick off on Monday, October 21<sup>st</sup> and I am excited to share with you one component to our week.

The students are being asked to take the **COLOR PLEDGE**. Students will have the opportunity to sample a fresh fruit or vegetable (raw or cooked) every day during their lunch. In return, they will be allowed to have fun with the dress code policy. **If your student pledges to try the fruit or vegetable, he/she can wear accessories, socks, or an appropriate shirt that matches the color of the fruit or vegetable of the day.** Students not dressed properly will call home for their school uniform and will not be allowed to have fun with the dress code for the remainder of the week. **If your student does not pledge to try a fruit or vegetable, he/she must dress in their proper school uniform for that day.** Please see the fruits and vegetables being sampled and the daily color schedule below:

DAY	FRUIT/VEGETABLE	COLOR
MONDAY	BLUEBERRY	BLUE
TUESDAY	CARROT	ORANGE
WEDNESDAY	RUTABAGA	YELLOW
THURSDAY	CHERRY	RED
FRIDAY	KALE	GREEN

The students will also be given a **FOOD PASSPORT** to help track their sampling. They will use this passport to track whether they liked or disliked the fruit or vegetable. At the end of the week, they will bring home their **FOOD PASSPORT** as a way to open up a conversation with you about their likes and dislikes. **Please remember to ask to see their passport!**

In order to have the appropriate amount of fruits and vegetables for the students to sample, please use the **Sample Selection and Color Pledge Form** to **circle the foods** your student will sample. **Have your student return the form to his/her teacher no later than Wednesday, October 16<sup>th</sup>.**

I am looking forward to our 9<sup>th</sup> annual Health Awareness Week and especially, our **COLOR PLEDGE!** Thank you in advance for your help and cooperation. Should you have any questions, please do not hesitate to contact me.

Sincerely,

Amy McGuire  
Physical Education Teacher  
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**Please remember to return the  
SAMPLE SELECTION and COLOR PLEDGE FORM to your student's teacher  
no later than WEDNESDAY, October 16<sup>th</sup>!**