

*September-October*

**September - Happy Birthday, Johnny Appleseed!**

Born John Chapman on September 26, 1774, Johnny Appleseed planted apple trees in the frontier territory south of the Great Lakes and between the Ohio and Mississippi Rivers. When settlers moved into the territory, his apple trees were ready to be purchased and planted around the new cabins. Apples not only provide fresh fruit at harvest time, but they store well and dry easily to keep long after the harvest.

Celebrate Johnny Appleseed's birthday by focusing on apples! Ask parents to send an apple or applesauce for their children to eat on Friday, September 25. Read about Johnny Appleseed in classes. Students can complete a word search, a coloring page or a short quiz. Younger students can act out an apple rhyme. Decorated the cafeteria with apples!

For an online story and quiz, go to <http://www.weeklyreader.com/interactivestories/appleseed.html>.



**October - Exercise Every Day**

Encourage students to realize that many activities that they enjoy are exercise. Post a calendar of ideas for exercising every day. Give each student a blank calendar to record what they did for exercise. Share with the class what everyone is doing for exercise. Give students who have some activity every day a certificate.

Enclosed is a calendar with ideas for activities, a blank calendar and a sample certificate of achievement.

If you would like additional copies or a digital file for any of the materials provided for the September-October Challenge activities, contact the Office of Health Promotion. Tell us about the Challenge activity at your school and we can provide copies for distribution.



***HERE'S HOW YOUR SCHOOL EARNS A  
"We Met the Challenge!" PLAQUE***

1. Your school must participate in a minimum of 6 events.
2. Complete the Participation Form each time you complete an activity. The Form is available online at [www.bergenhealth.org](http://www.bergenhealth.org).
3. Return it after you complete each activity to:  
Marge Doremus, PhD, RD  
Bergen County Department of Health Services  
327 E. Ridgewood Avenue  
Paramus, NJ 07652
4. Everyone who participates receives a certificate and will be honored at an awards ceremony at the end of the school year.

Please contact me at [mdoremus@co.bergen.nj.us](mailto:mdoremus@co.bergen.nj.us) or 201-634-2709 if you have any questions, comments or concerns.