

Eat Right, Play Hard Challenge 2008-2009

March-April

March - Student/Faculty Volleyball Game or a Shoot Out Competition

Organize a student/faculty volleyball game. (Or soccer, basketball, etc.) Work with your PTA/PTO to make it a fund raiser for them and to encourage parents and families to attend. We will provide a certificate of achievement for the winning team!



A Shoot Out Competition is another possibility. Have each class have a shoot out and then “crown” a champion for each grade. The Shoot Out can be part of physical education or an extra activity.

We will provide a certificate achievement and a Frisbee, one per grade per school!

April - Walk At Work (W@W)

This year, Walk At Work is being held on Wednesday, April 8th, but any day that week would be fine! The idea is to plan 30-minutes of walking or any physical activity, either inside or outside. Just get moving!

Everyone is invited to join W@W - whether they are a student, parent or staff.

Complete the registration form in the W@W brochure and fax it back to the Department of Health Services to receive materials to help promoting and planning the event.

One class or the whole school can participate! The school with the highest percentage of walkers will be featured at an awards ceremony.



HERE'S HOW YOUR SCHOOL EARNS A “We Mastered the Plan!” BANNER

1. Your school must participate in a minimum of 6 events.
2. Complete the Participation Form included in the September mailing each time you complete an activity. The Participation Form is also posted on the Department of Health Services’ website at www.bergenhealth.org. Click on the Health Promotion tab and then open the *Eat Right, Play Hard* page.
3. Return it during May to:

Marge Doremus, PhD, RD
Bergen County Department of Health Services
327 E. Ridgewood Avenue
Paramus, NJ 07652

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