



# UA Nutrition Network

# Healthy Holidays Promotion 2011

## Middle/High School Teacher Instructions

With the holiday season approaching, every student has the opportunity to be a Champion for Change! The UANN is coordinating a healthy holiday poster contest encouraging students to show us how they will celebrate healthy holidays this year.

### Instructions:

1. Photocopy and distribute this template during advisory/ECCAP classes.
2. Ask students to write and/or illustrate how they will celebrate healthy holidays this year. Their messages and drawings should include nutrition facts, physical activity facts, and ideas for how he/she will encourage his/her family to celebrate healthy holidays too. Students may also write an essay, a poem, a letter to parents, etc and attach it to the back of the poster template.
3. **Collect all student entries by December 2, 2011** and select the entry you feel best represents healthy holidays. When selecting a winner, please consider the following:
  - a. Nutrition/physical activity message and content
  - b. Creativity and design
  - c. Overall appeal and clarity
  - d. Correct grammar and punctuation in written portion
4. **Submit your winning entry to your school's point person by December 6, 2011.**
5. The point person will choose one winning entry from your school and mail it to UANN by December 9, 2011.

### Prizes:

The Grand Prize winner receives a large Champions for Change prize pack, and a Wii celebration for his/her class!

Each school winner will also receive a small Champions for Change prize pack.

Questions?

Contact Erin Raczynski at 621-9344

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