

# Invitation to Healthy Lunch Challenge

The Western School District is launching a new event to educate students and help promote healthy eating, the *Healthy Lunch Challenge*. This is a natural extension to the *Healthy Snacks Student Challenge* done in November and the *Engaging Parents with Healthy Eating* initiative done with public health nurses at school curriculum nights in September.

The challenge is for students to bring a healthy lunch every school day for two weeks from Monday February 6 – Friday February 10 and Monday February 13 – Friday February 17. Students wishing to participate will complete a Student Tracking Form for this two week period. For advice on how to create a healthy lunch, students can refer to the Healthy “Cool” Lunch Guide on the back of the Tracking Form or see the web site at [www.livinghealthyschools.com](http://www.livinghealthyschools.com) .

The process is simple:

1. Print one copy of the [Student Tracking Form](#) for each participating student (and one of the [Parent Letter](#) for younger students).
2. Review with students the information on the Tracking Form so they know what is needed for a healthy lunch. (For more information on healthy lunches, check with the school’s public health nurse.)
3. Send home the Parent Letter to solicit support from home.
4. Students bring healthy lunches each school day for 2 weeks and complete the Tracking Forms with the classroom teacher. (Students can leave their Tracking Forms in school to avoid getting lost.) On Friday, Feb. 17, completed tracking forms are mailed to Bill Allan at the School District Office.

The Challenge is open to all grades. Teachers and parents can help the students build healthy habits by being good role models and bringing a healthy lunch too! The names of six students will be chosen by a random draw in mid-March. The classes of these 6 students will each be awarded a \$50 cash prize to go towards a Smoothie Party for the whole class.

If you have any questions, please contact Bill Allan at [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca) .