

# FOREST AVENUE SCHOOL

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## Forest Avenue's Healthy Heart Week Activities 2/13 - 2/17



- **Monday 2/13: "Show love and respect like two peas in a pod."**  
Wear green like a bean.
- **Tuesday 2/14: "An apple a day helps friends stay!"**  
Jump Rope for Heart Day.  
Wear red like an apple.
- **Wednesday 2/15: "Orange you glad we respect everyone's differences?"**  
Wear orange like a clementine.
- **Thursday 2/16: "Spread love and kindness for a happy, healthy heart."**  
Kindness is Contagious Day.  
Wear purple like a grape.
- **Friday 2/17: "When you peel back the skin, it's what's inside that matters."**  
Wear yellow like a banana.

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Return this portion to your teacher on Monday, February 13, 2017.

I pledge to keep my heart happy and healthy by participating in the Healthy Heart Week activities.



Student's Name \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Teacher \_\_\_\_\_