



# 2010 WELLNESS ESSAY CONTEST



It's time again for students to enter the Broward County Comprehensive School Health Advisory Committee (BCCSHAC) Wellness Essay Contest! Students are asked to describe a wellness/ fitness theme in an essay

**Wellness/Fitness Sample Themes:** Healthy Eating  
Exercising  
Managing Stress  
Other Healthful Practices

## ENTER AND WIN COOL PRIZES

**GRAND PRIZE-BICYCLE**



**GRADE WINNER and Teacher of Winner-GIFT CARD**



**Contest open to students - Third (3<sup>rd</sup>) Grade through High School**

### Contest Rules:

The students may hand print (neatly) or type the essay

- The essay must contain 150 words or less.
- All work must be original
- Double line spacing
- Participating students will receive a certificate of participation from the Broward County Comprehensive School Health Advisory Committee
- Essays must be identified with a cover sheet that includes the student's name, address, phone number, and grade in school, school attended and the name of your teacher. *All of the identifying information should be on the cover sheet-the student's name or school must not appear on the actual essay page(s)*
- Essays are to be submitted to your Broward County Public Schools Cafeteria Manager or sent directly to: Broward County Public Schools, Food and Nutrition Services, 7720 West Oakland Park Blvd., Suite 204, Sunrise, FL 33351 Attention: Darlene Moppert

**All essays must be received by: April 30, 2010**

Certificates and prizes will be awarded at a ceremony at the FLIPANY Health & Fitness Festival, May 15, 2010.



**Broward County  
Public Schools**