

"Drink lots of water."

Addison,
Kindergarten



"Health means to be healthy and strong."

Caleb, Grade 3

"Health is taking care of your body and eating healthy; playing sports and exercising almost every day; even brushing your teeth. That's what health means to me!"

Leah, Grade 3

"Being healthy means a lot to me because then I won't be sick. Also because then I can be a strong athlete."

Gaby, Grade 5

"Doing good in school, playing outside to get healthy and not doing drugs. To be healthy you need courage."

Keirsten, Grade 7

"Don't eat candy every day."

Logan, Kindergarten

"To always give your best effort, no matter what it is, and always stay active."

Avery, Grade 8

"Practicing abstinence, eating right, not doing drugs and to believe in yourself."

Braxton, Grade 7



"Eat lots of vegetables."

Drea, Kindergarten

"Being active with your body, keeping your brain challenged and spending time with friends and family."

Ben, Grade 7

"Making decisions that are healthy and make a good outcome for your future."

Julia, Grade 10

"Someone's well-being. Good or bad. It could be everything such as physical, mental and emotional states."

Mia, Grade 10

"Health means to me learning more about ourselves and how we work. How to live healthy."

Cameron, Grade 11

"Being healthy means that you will grow up strong, have a good life and a happy, healthy family."

Janessa, Grade 5

"To be healthy, you need to exercise your body and mind, make good choices and be happy with yourself."

Elizabeth, Grade 7

"Being healthy to me means being clean and eating healthy."

Xavier, Grade 5

Hard work

Exercise

Active

Learning

ea**T**ing right

Happy

h**V**drated

Poem by Izzy Muller,
Grade 7

