

THE BULLDOG CHALLENGE



MARCH WELLNESS WEDNESDAY ACTIVITY

This month we will have players/representatives from the Chicago Steel Hockey team!! They will show us some hockey moves!!

WELLNESS WEDNESDAY FOOD RECIPE

Visit the Blythe Part PTA website www.blytheparkpta.org for this month's healthy recipe of sweet potato fries

MARCH GOAL IDEAS

1. Walk to school at least 4 days a week.
2. Eat a vegetable every day.
3. Try a new indoor sport or fitness activity.

MARCH BONUS POINTS

1. Track a bonus point each time you exercise with a parent, guardian, sibling or friend.
2. Celebrate St. Patrick's Day—Do the Irish Jig, dance, or jump rope to Irish music for 15 minutes.