



We are Agents of Change for Obesity Awareness at Wish Upon A Star and are determined to educate all of our children about the importance of Health and Nutrition. This month we will have special activities planned for each class to introduce Obesity Awareness. Each child will receive a special certificate for taking the "Nutrition Challenge." Please help reinforce healthy habits with your children at home. Encourage your children to eat a colorful plate every day and make keeping active fun!