



American
Heart
Association.



Support heart health and the American Heart Association!

SHENANDOAH ELEMENTARY

SPIRIT WEEK!

- | | |
|-----------------------|--|
| Monday 2/22 | Using tobacco is crazy for your HEART .
Donate \$1 to wear your crazy socks! |
| Tuesday 2/23 | Hats Off to HEART health
Donate \$1 to wear your favorite hat! |
| Wednesday 2/24 | Physical Education is the key to a healthy HEART
Donate \$1 to dress in your favorite sports gear! |
| Thursday 2/25 | Put Sugary Drinks to Sleep for a healthy HEART
Donate \$1 to wear your favorite pajamas! |
| Friday 2/25 | Wear Red
Donate \$1 to wear RED to promote being HEART healthy! |

\$ 1 Donate to participate in the dress down/spirit day.

Each day a student brings in \$1, he/she gets to choose an item out of Mr. Diel's Mystery Box.

Click Here to Make an Online Donation:

<http://www2.heart.org/goto/shenandoahstl>

Heart Disease is the #1 Killer in the United States. 1 out of 5 children is obese in the U.S. We are learning how to be heart healthy in PE and helping others. Please join us for Shenandoah' SPIRIT WEEK!