

LAUSD Healthy Schools Campaign

SOSMentor ShapeUp Poster Contest

Phase 1: Preparation

February 1-29, 2012

- Read through the 8-page STAFF RESOURCE GUIDE and familiarize yourself with the curriculum.
- Review worksheets and make enough copies of worksheets and *Poster Contest Entry Form* for your students.
- Look over the MyPlate mini-poster. This is a great resource to use when teaching the lessons.

Suggestion: Laminate MyPlate mini-poster.

Phase 2: Nutrition Education Lessons

March 5-16, 2012

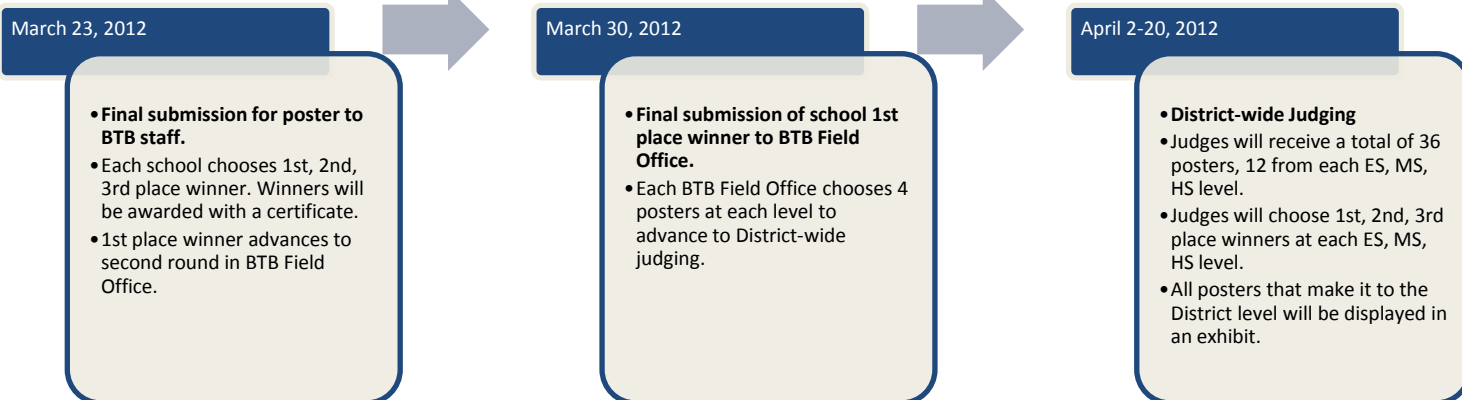
- Teach nutrition education lessons to students over two week period, one lesson per day, using *LAUSD Healthy Schools Campaign STAFF RESOURCE GUIDE*
- Facilitate worksheet activities using *Worksheet Lesson Plans*.
- Use MyPlate mini-poster when teaching lessons.

Phase 3: Poster creation

March 19-23, 2012

- Use back of poster flyer (which you will distribute to students), the nutrition education lessons, and the *STAFF RESOURCE GUIDE* to help students come up with a nutrition and physical activity message to use on their posters.
- Encourage students to create a poster with a written nutrition and physical activity message and a graphic illustration.
- **Thoroughly** go over the Poster Contest Rules found on the front of the Poster Contest flyer.
- Emphasize to students that the *Poster Contest Entry Form* **MUST** be completed and turned in with poster to qualify for District awards. Have students attach form to back of poster and make sure student information is also written on back of poster.

Judging Timeline:



First Place Posters from each school to be dropped off at one of the following locations by March 30, 2012:

Zelzah Nursing Services 6505 Zelzah Ave. Reseda, CA 91335	BTB Elementary School Unit 2060 West 156 th St. Gardena, CA 90249	BTB Middle Schools Unit 1317 San Julian St. Los Angeles, CA 90015	BTB Hughes Site 5607 Capistrano Ave. Woodland Hills, CA 91367
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Poster Contest Prizes:

- 1st Place District Winner for Elementary, Middle, High School: **4 Disneyland Tickets**
- 2nd Place District Winner for Elementary, Middle, High School: **Bicycle**
- 3rd Place District Winner for Elementary, Middle, High School: **Sports Gift Card**



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