**Hydrate for health**

**Gmsd**

**Introduction:**

\*The Department of Coordinated School Health wants to invite all K-5 GMSD students to participate in this month’s challenge called “Hydrate for Health”! We want our students to learn the importance of being properly hydrated for optimal health and wellness.

**Directions:**

* Students are to create their own water themed super hero.
* Students can draw, paint or create it digitally.
* Their superhero needs to have a name, list of superpowers, a backstory, and how their hero helps others.
* Students can be as creative as they want when coming up with their superhero.

**Submissions:**

* Students can submit their work by emailing it Coordinated School Health Supervisor (Andrew Martin) [Andrew.martin@gmsdk12.org](mailto:Andrew.martin@gmsdk12.org)
* If assignment completed at school, CSH Supervisor can pick up submissions from their teacher.
* Submissions are due by March 31, 2021.

**Prizes:**

* We will select the top 3 submissions from each building to receive a brand new Yeti water bottle!
* Top 3 submissions will receive an award certificate to have framed!
* Submissions will be featured inside the district office and on the GMSD website!