**Hydrate for health**

**Gmsd**

**Introduction:**

\*The Department of Coordinated School Health wants to invite all 6-12 grade 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 have a choice for a project they’ll complete to showcase the importance of staying hydrated, such as the following:

1. Make a power point presentation that shows the importance of staying hydrated.
2. Make a proposal that explains how our schools can better promote staying hydrated by drinking water.
3. Create a short story about staying hydrated and its importance for the human body.

**Submissions:**

* Students can submit their completed project to Coordinated School Health Supervisor (Andrew Martin) [Andrew.martin@gmsdk12.org](mailto:Andrew.martin@gmsdk12.org)
* If it has to be submitted in person, turn in to homeroom teacher and Mr. Martin will come pick it up.

**Prizes:**

* We will select the top 3 submissions from each school building to be recognized and awarded.
* The top 3 submissions from each building will receive a Yeti water bottle (you choose color)
* Top selections will receive an award certificate from GMSD District office and have their submission featured on our district website and communications.