



Barkers Point School

39 Carman Avenue
Fredericton, NB E3A 3W9
Phone: 453-5402 Fax: 444-5279
Principal: *Jennifer Ward* Vice Principal: *Kim Hawkes*

Dear Families

Our next Heart Healthy Challenge will take place from April 8th – April 12th. This week's challenge is dedicated to increasing the number of fruits and vegetables we eat on a daily basis. The goal is to have 5 servings. Below you will find a detachable form for your child to use as a tally sheet of the fruits and/or vegetables they eat during the week.

Why not try some new fruits and vegetables this week at home and talk about what you liked or did not like about these new foods. Have fun . . . fruits and vegetables are great choices and wonderful brain food!



Monday	Tuesday	Wednesday	Thursday	Friday
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.