



**All Children Exercise Simultaneously**  
**Beaumont Elementary School Supports ACES Day**  
**"Health Council Theme Day"**  
**Wednesday, May 2nd, 2012.**

**The Water Cycle and Importance of Hydration!!**  
All children are asked to wear a shirt in any shade of blue to promote this year's theme of staying hydrated and the importance of water.

### Events for the day:

- ❖ There will be a whole-school morning workout at the start of the day to get us going.
- ❖ Students will be taste-testing a variety of food items with high water content at lunch. Maybe they will find a new favorite snack!
- ❖ There will be a whole-school exercise activity at 2:30 outside in support of ACES Day.

This is an event day to promote and encourage physical fitness along with proper nutrition.

