



“How To Be Healthy For A Lifetime”



2007 Poster Contest Winners

The Department of State Health Services, School Health Program is happy to announce the winners of the ***How To Be Healthy For A Lifetime*** poster contest held this school year for grades K-12.

One poster each from grade level categories:

- K-2,
- 3-5,
- 6-8 and
- 9-12

was chosen to represent all K-12th grade children of Texas as they study, learn and practice healthy lifestyle behaviors taught through the district's coordinated school health program.

Students were asked to create posters expressing one of two themes:

1. Envision a Texas where all children are healthy, ready to learn, and prepared to make positive healthy choices for a lifetime.
2. What does a healthy family look like?

A total of 204 entries were received from 15 different public, private or charter schools and school districts from all over the state.

Our judges had a difficult decision, so much so, that several honorable mentions were also bestowed.

Please join the School Health Program staff in congratulating all our winners and thanking all who entered as well as the teachers who did such a wonderful job of helping their students understand the importance of living a healthy lifestyle.

Lower Elementary (K-2)

1st Place:

Emily Goff - 2nd grade
Wilchester Elementary School
Spring Branch ISD

Honorable Mention:

Thomas Neyland - Kindergarten
Wilchester Elementary School
Spring Branch ISD

Upper Elementary (3-5)

1st Place:

Natalie Oates - 5th grade
Palmer Intermediate School
Palmer ISD

Honorable Mention:

Ali Hussain - 4th grade
Whittier Elementary School,
Houston ISD

Honorable Mention:

Brian Miao - 4th grade
Wilchester Elementary School
Spring Branch ISD

Middle School (6-8)

1st Place:

Laura Holy - 8th grade
West Middle School
West ISD

High School (9-12)

1st Place:

Summer Haines - 12th grade
West Brook High School
Beaumont ISD

Honorable Mention:

Tonya Manuel - 12th grade
West Brook High School
Beaumont ISD

Janel Montes - 9th grade
West Brook High School
Beaumont ISD



Lower Elementary (K-2)

1st Place:

Emily Goff – 2nd grade
Wilchester Elementary School
Spring Branch ISD



Upper Elementary (3-5)

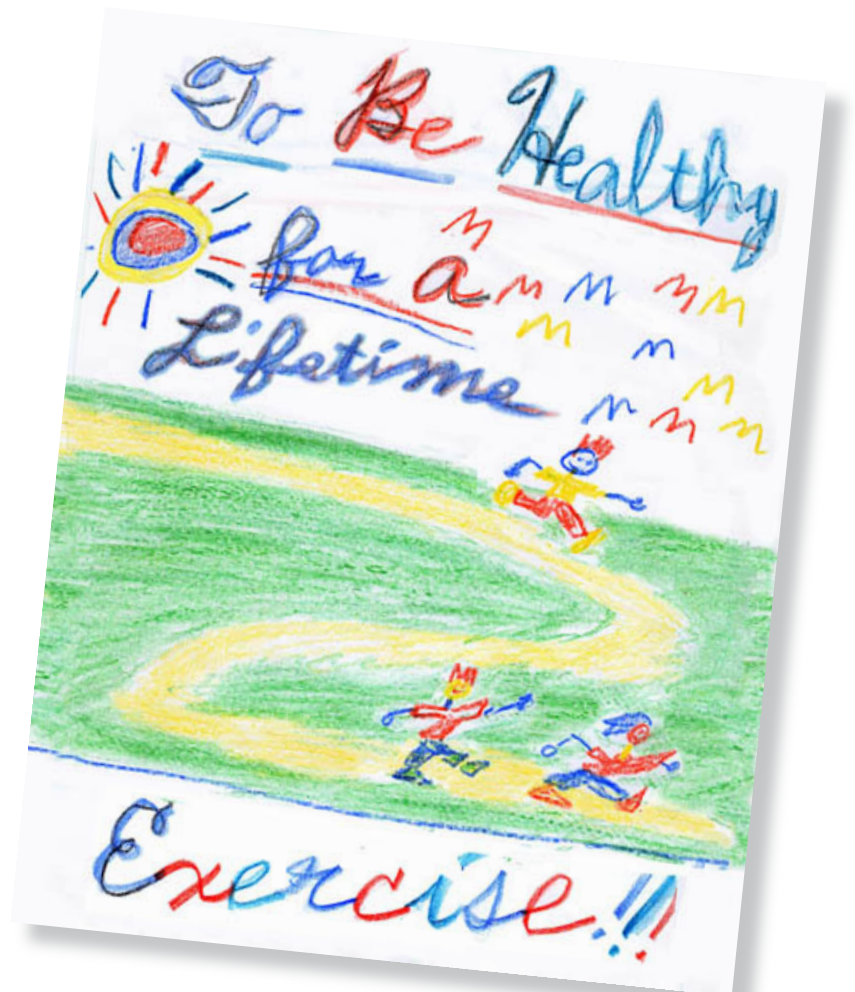
1st Place:

Natalie Oates – 5th grade
Palmer Intermediate School
Palmer ISD



Lower Elementary (K-2)
Honorable Mention:
Thomas Neyland - Kindergarten
Wilchester Elementary School
Spring Branch ISD

Upper Elementary (3-5)
Honorable Mention:
Ali Hussain - 4th grade
Whittier Elementary School,
Houston ISD





Middle School (6-8)

1st Place:

Laura Holy – 8th grade
West Middle School
West ISD



Upper Elementary (3-5)

Honorable Mention:

Brian Miao - 4th grade
Wilchester Elementary School
Spring Branch ISD

5 Simple Ways to Live a Healthier Lifestyle

- ✓ Always eat breakfast.
- ✓ Get a good night sleep.
- ✓ Drink plenty of water.
- ✓ Eat lots of fruit and veggies.
- ✓ Exercise.



WOW!
Who knew
staying healthy
was so simple?!



High School (9-12)

1st Place:

Summer Haines – 12th grade
West Brook High School
Beaumont ISD



High School (9-12)
Honorable Mention:
Tonya Manuel - 12th grade
 West Brook High School
 Beaumont ISD



High School (9-12)
Honorable Mention:
Janel Montes - 9th grade
 West Brook High School
 Beaumont ISD