

Congratulations to

"Q4: Live Outside the Box"

is a joint initiative of

Northern Sydney

Central Coast Health,

Department of Education

and Training,

Catholic Schools Office

Diocese of Broken Bay,

Parents and Citizens

Associations,

The Cancer Council NSW,

Local Government,

and NSW School

Canteen Association

from

Primary School

for achieving...

- GOLD**
- SILVER**
- BRONZE**
- PARTICIPATION**

in the

Q4: LIVE OUTSIDE THE BOX

Primary School Competition 2007

for

- Limiting time spent watching TV/computers
- Being physically active every day
- Eating fruit and veg every day
- Limiting amount of "extra foods"

Encouraging families to lead a healthy and active life

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