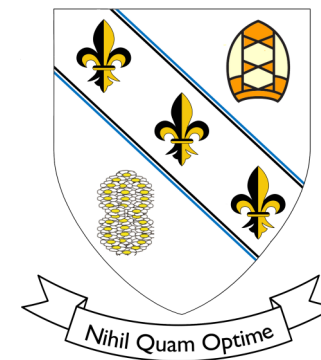
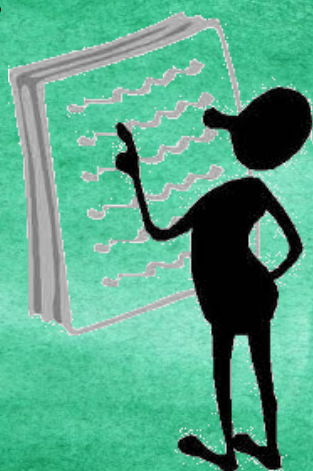


The Chulmleigh 5-a-day

Be Healthy, Stay Healthy!



Stay on top of
your AR &
Homework...

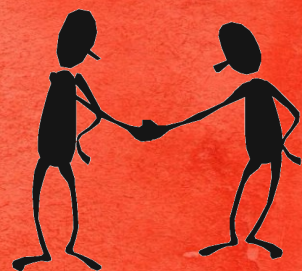


Eat three good
meals a day...



Exercise for at
least thirty
minutes...

Do something
kind for
someone...



Spend some time doing
something
you really enjoy...

