

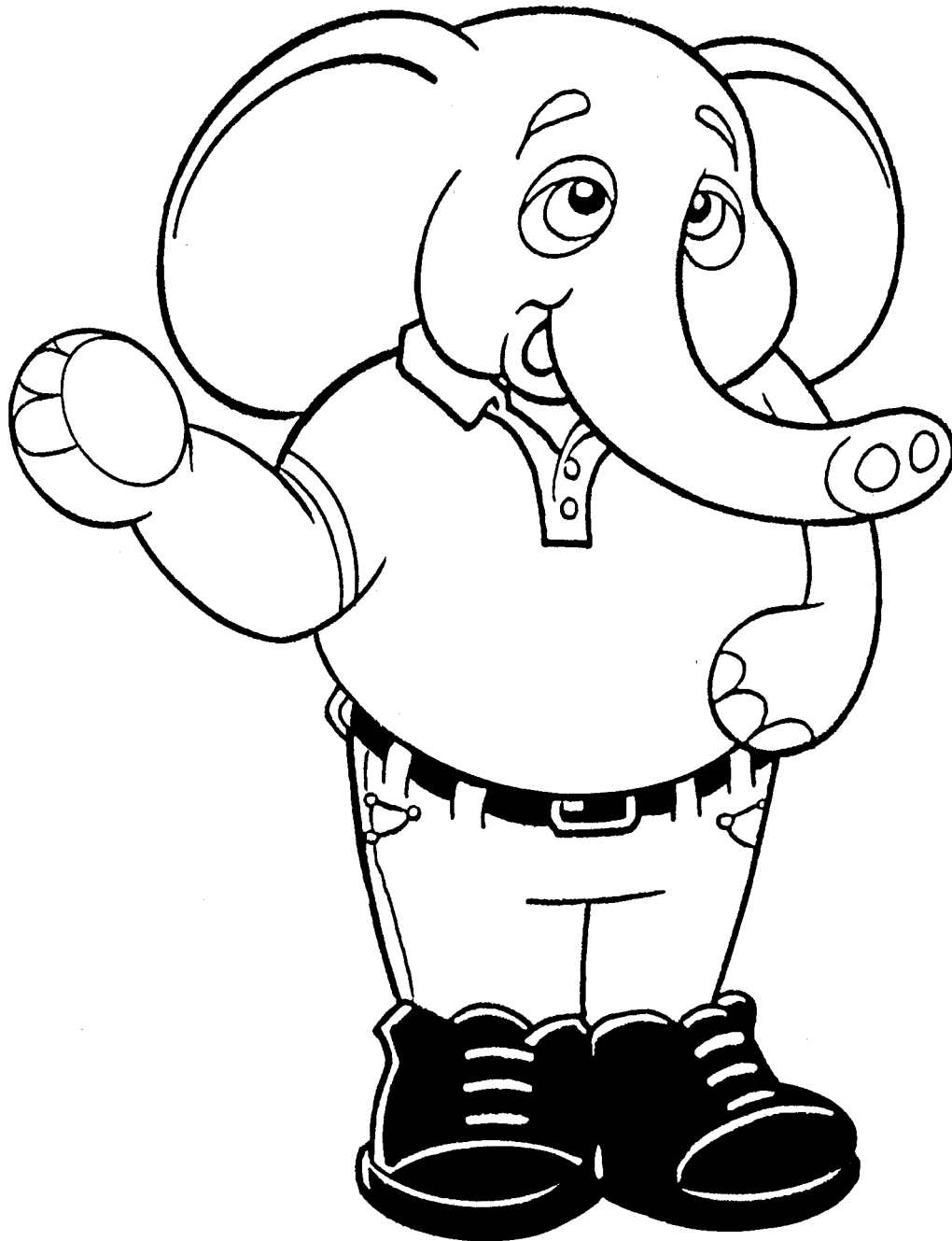
PATFORD



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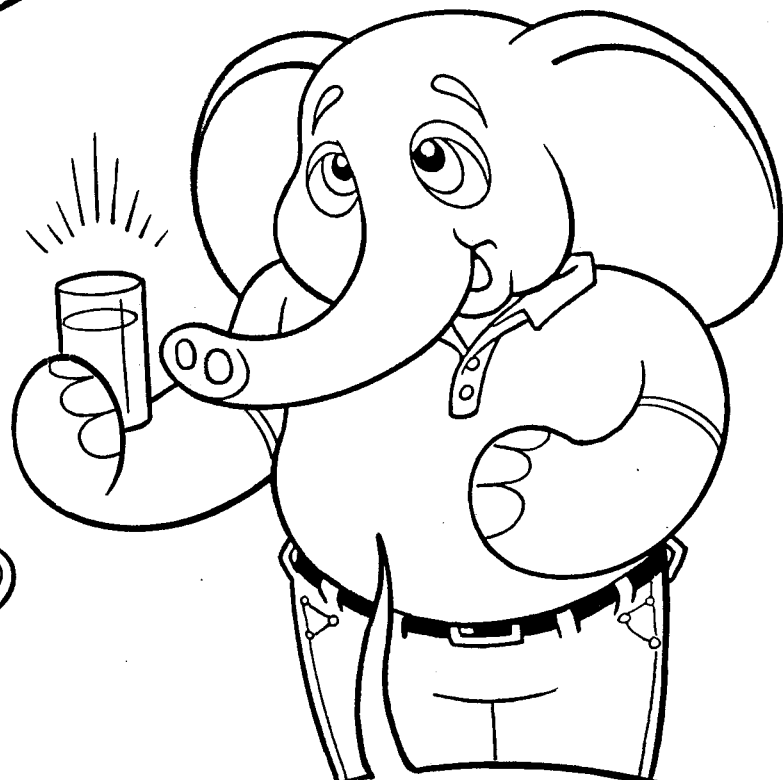
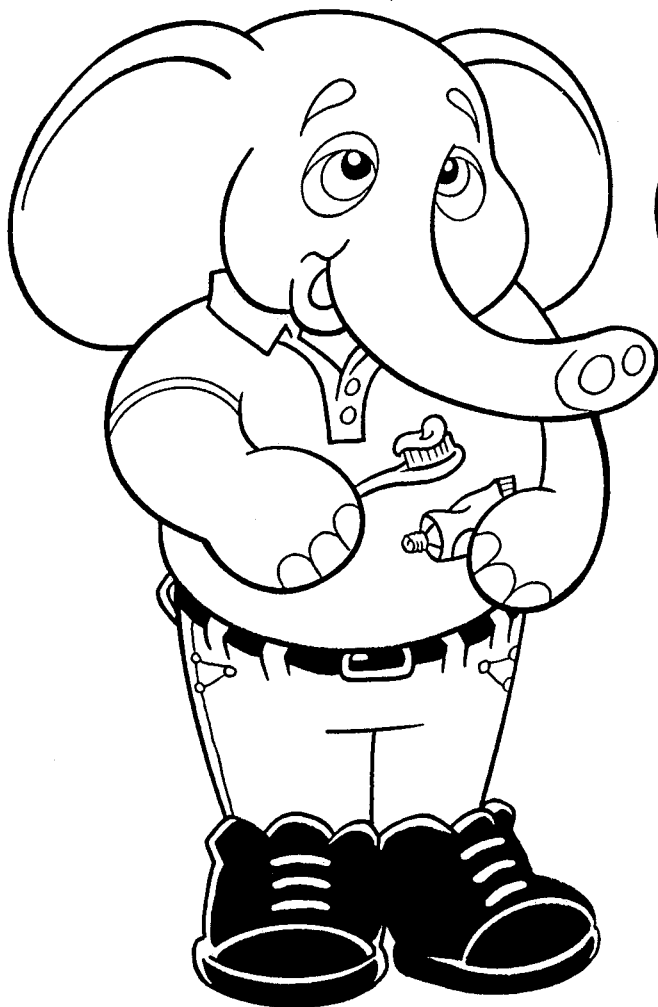
By: Carl A. Pierce

HI, MY NAME IS **PATFORD**.
FOLLOW ME THROUGH A DAY
AND LEARN ABOUT HEALTHY
AND HAPPY LIVING.



TM

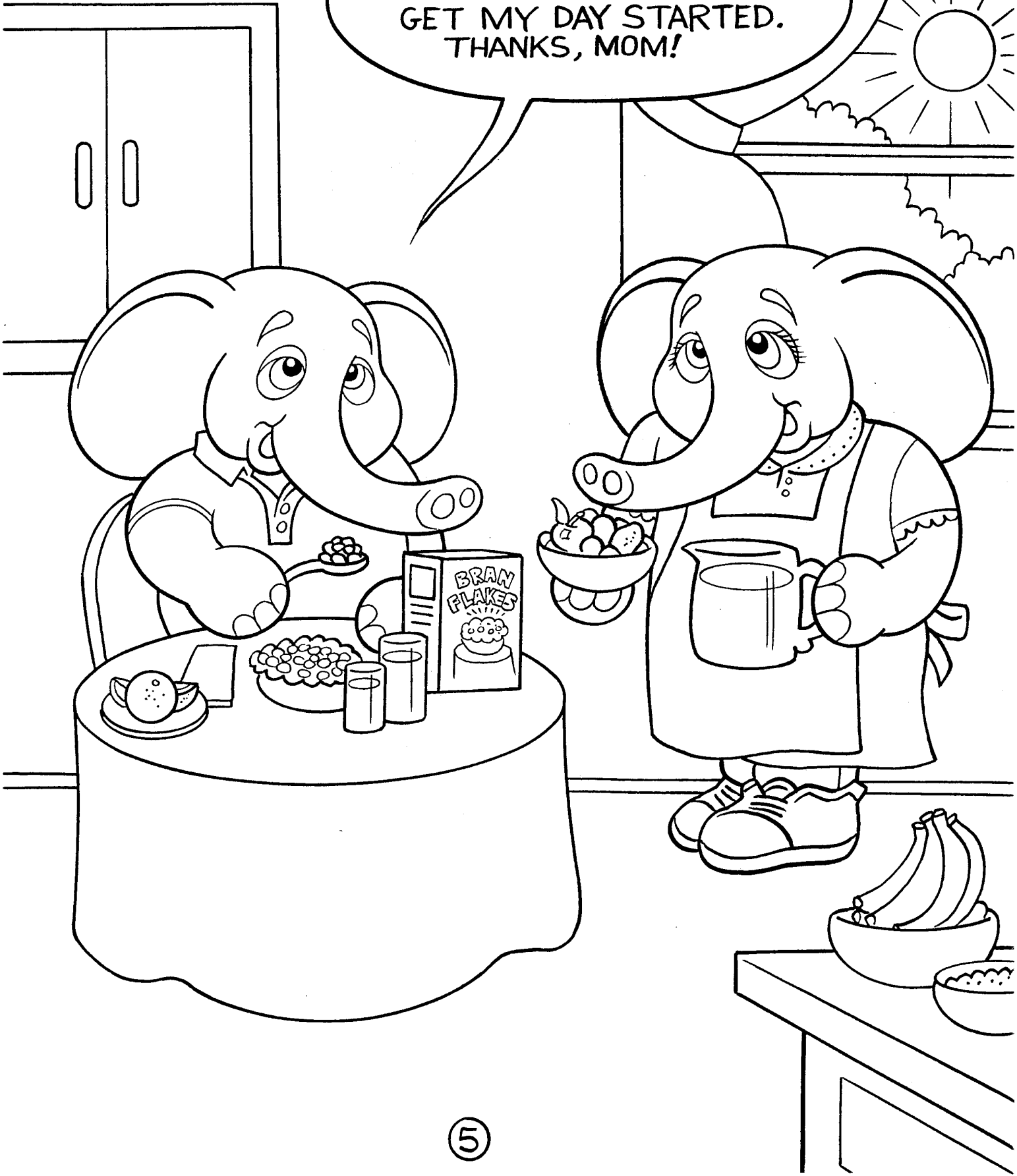
I BRUSH MY TEETH
EACH MORNING AND NIGHT.
I FLOSS ONCE EACH
DAY AT THE SAME TIME.



WHEN I CAN'T BRUSH
MY TEETH, I RINSE MY
MOUTH OUT WITH WATER.

**NEVER SHARE
A TOOTHBRUSH!**

A NUTRITIOUS BREAKFAST
GIVES ME THE ENERGY TO
GET MY DAY STARTED.
THANKS, MOM!

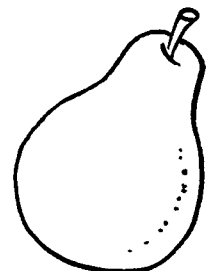
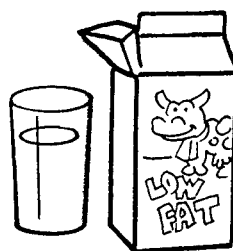
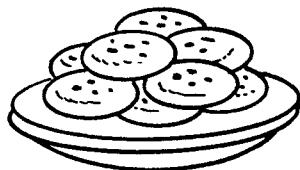
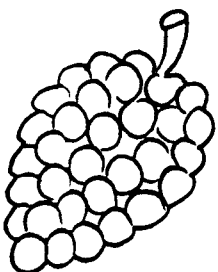
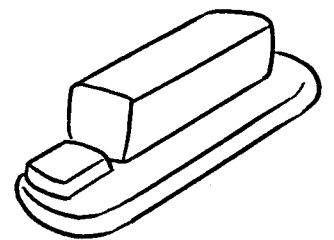
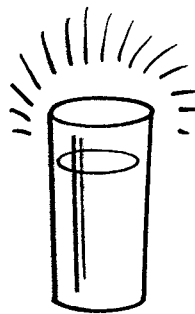
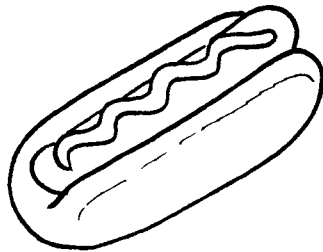
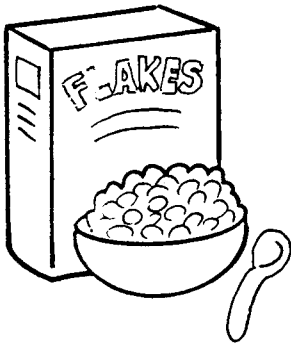
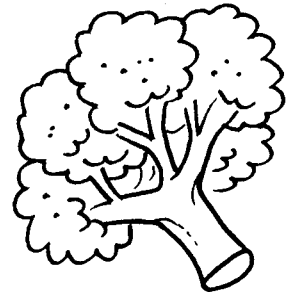
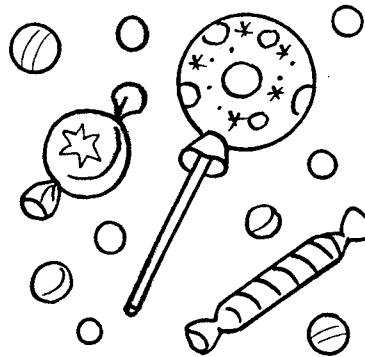
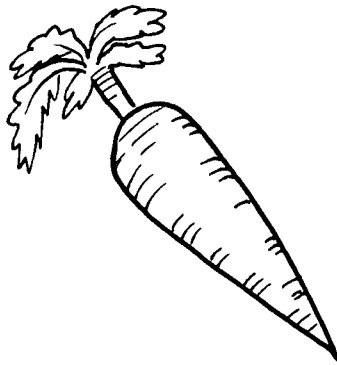
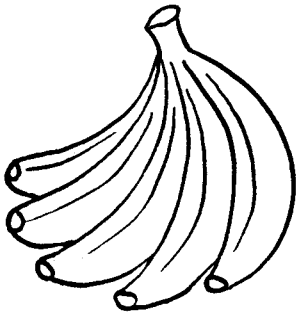
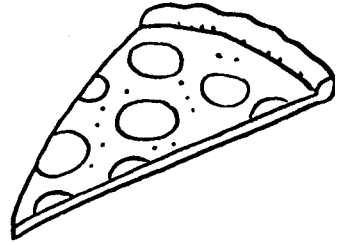
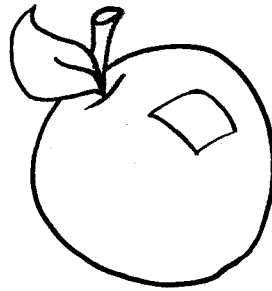
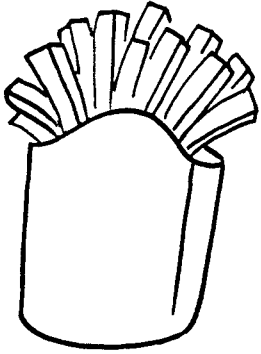


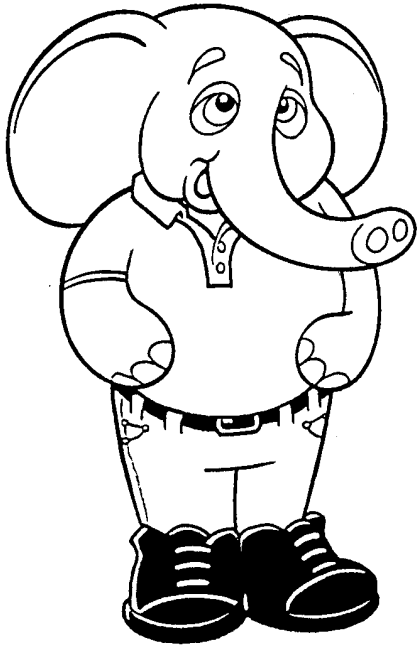
I EAT FRUITS, VEGETABLES,
AND DRINK WATER AS OFTEN
AS I CAN. WE NEED LOTS
OF WATER EACH DAY. I AM
IN CHARGE OF MY HEALTHY LIFE!

CAFETERIA



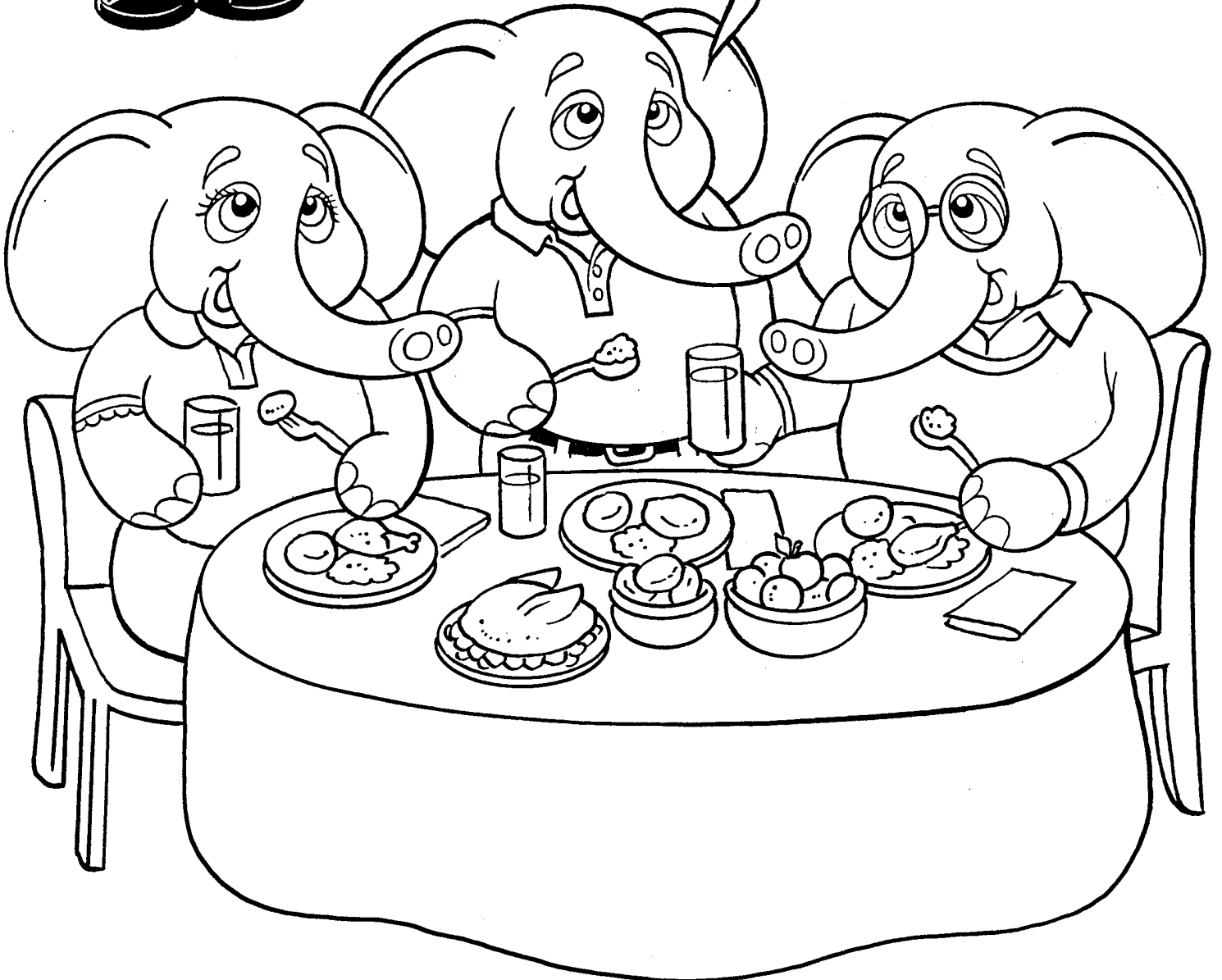
CIRCLE THE MORE NUTRITIONAL CHOICES



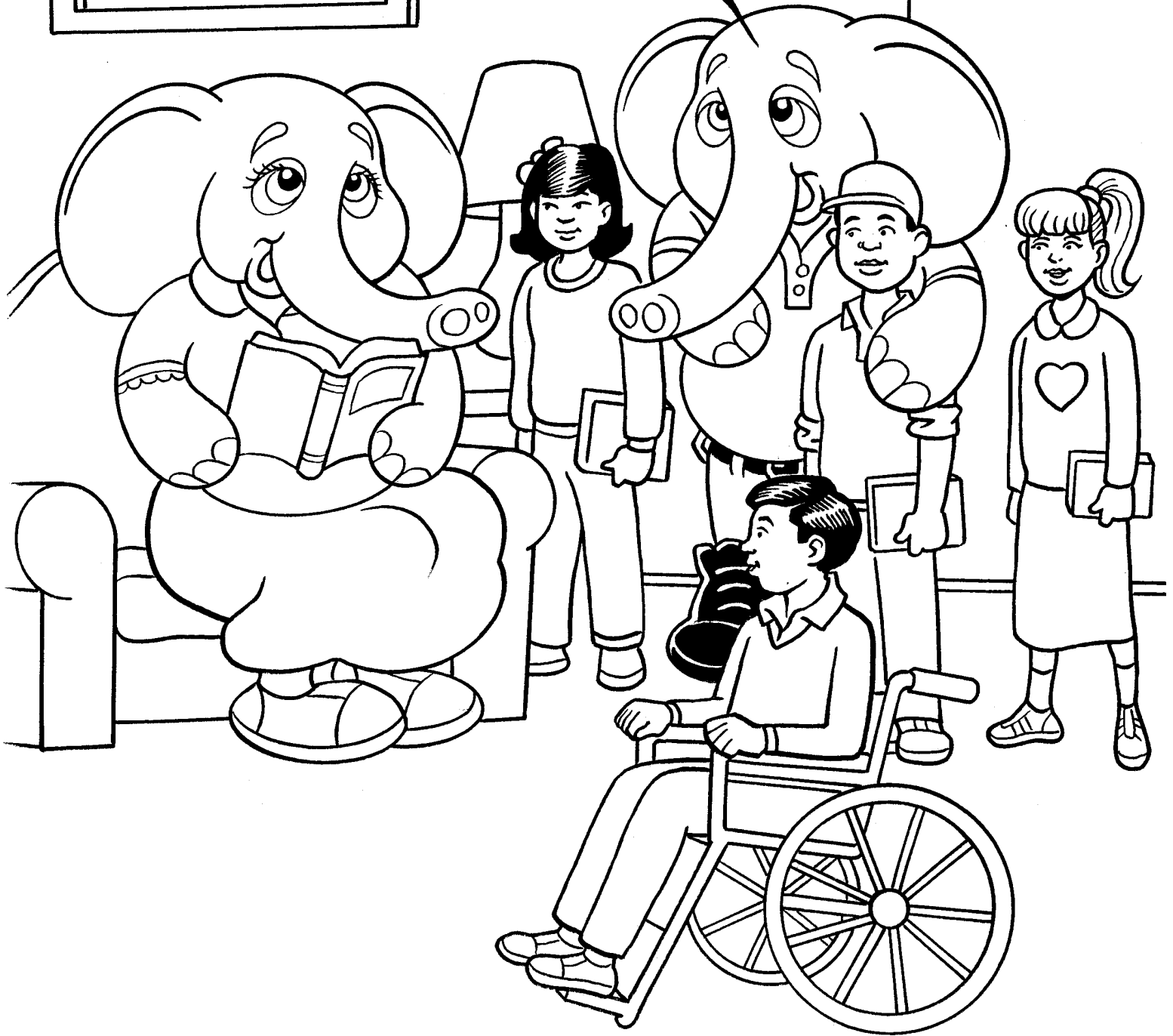


ALWAYS WASH
HANDS BEFORE
EATING.

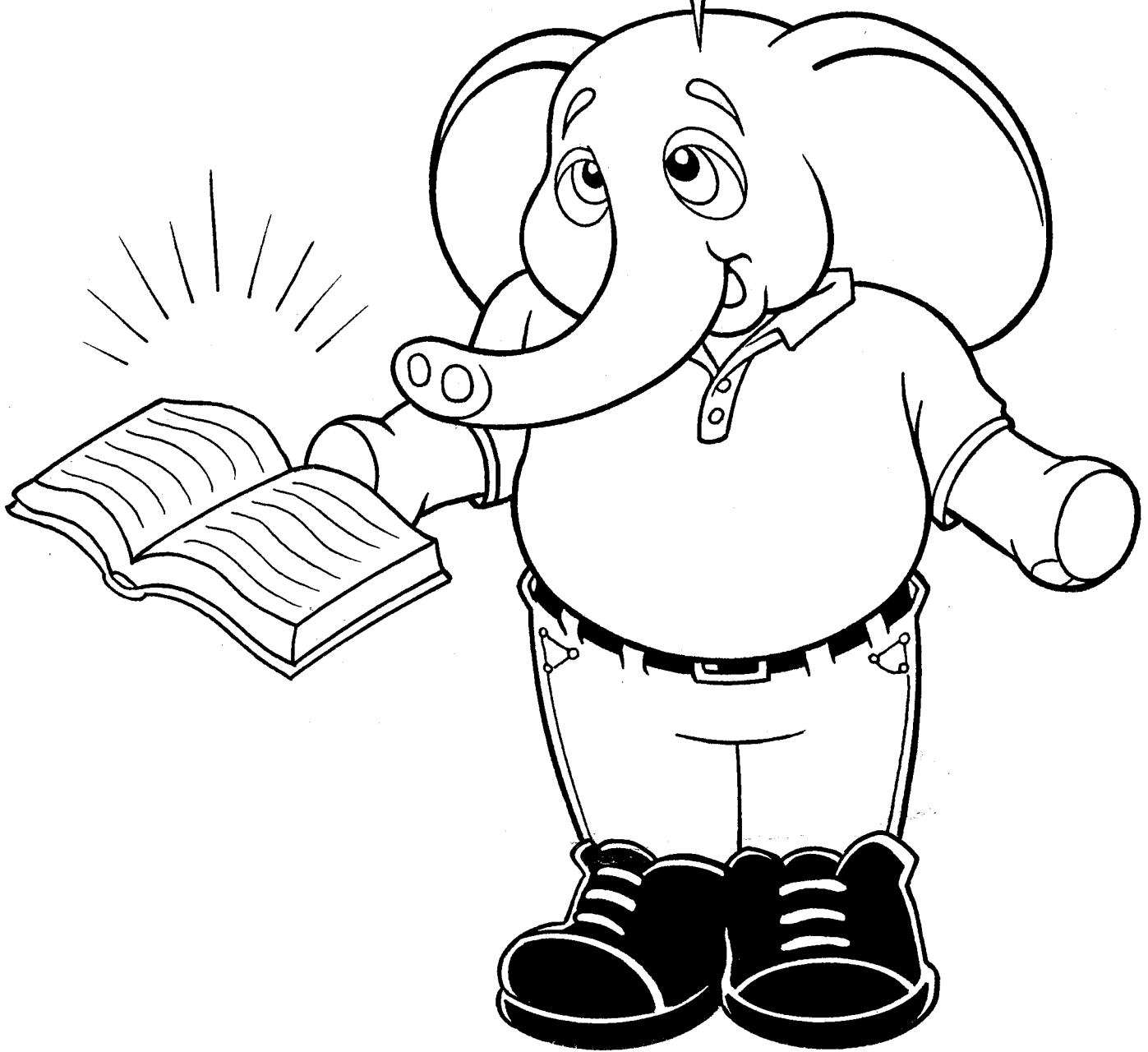
DINNER IS A GOOD
TIME FOR THE FAMILY
TO SHARE THEIR DAY.

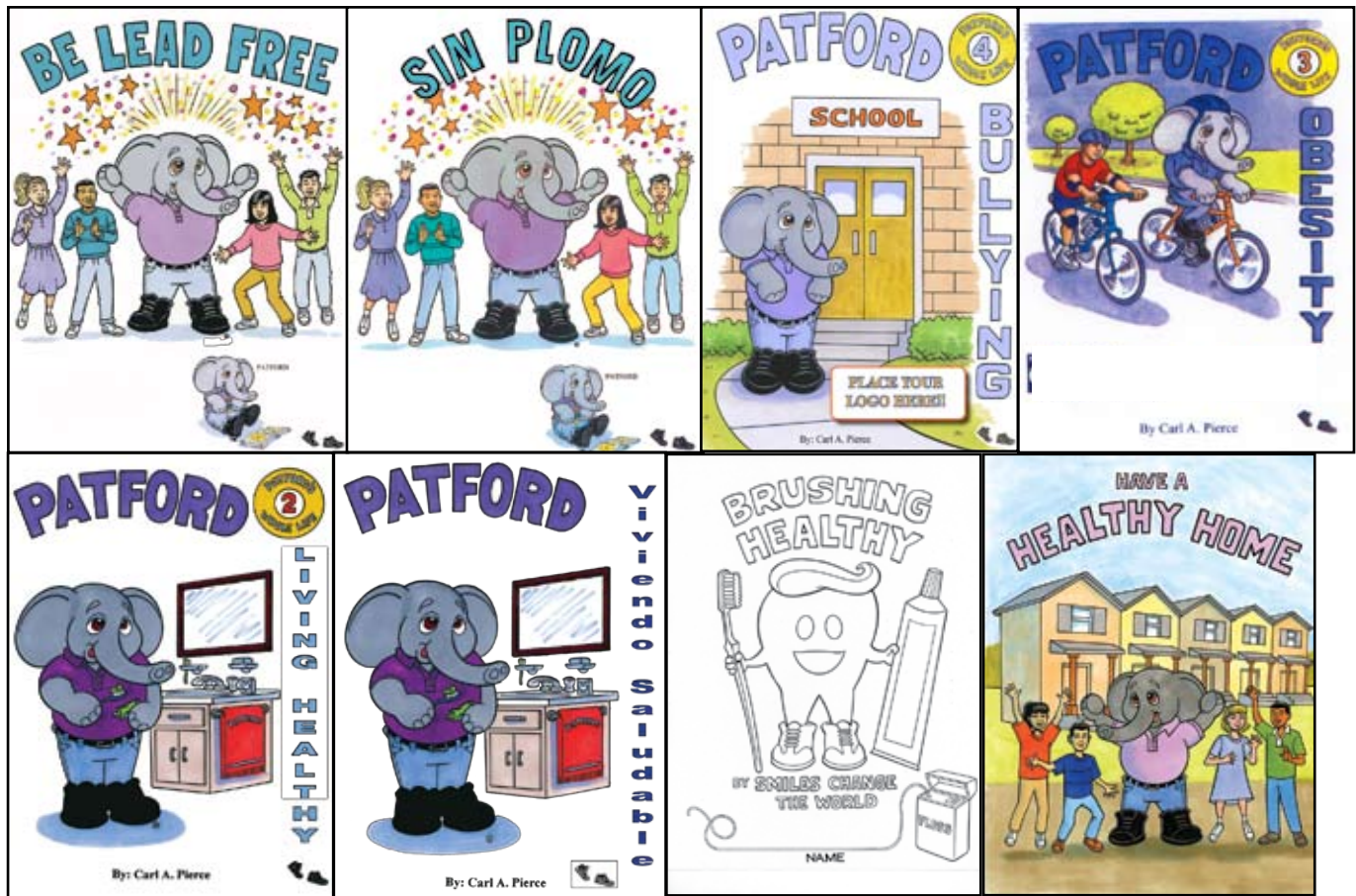


READING AND BEING
READ TO BUILDS
A HEALTHY MIND.



MY NAME IS PATFORD, I DRESS NEATLY
I START EACH DAY BY BRUSHING MY TEETH
I WASH MY FACE, I WASH MY HANDS
TO SUCCEED IN LIFE I NEED A PLAN
I EAT BREAKFAST TO START MY DAY
GIVE MY PARENTS A HUG, I'M ON MY WAY!





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www.olweus.org
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