



A classroom guide to healthy living, from the *Mercury* Education Services

One of the biggest challenges facing Australians is staying healthy by balancing exercise and eating nutritious food. The more we move the more energy we burn - with leftover "fuel" being stored as body weight.

Help your students to explore this challenge with this new education resource from the *Mercury* newspaper.

Designed for Primary to Middle School years

Includes:

- Teacher Handbook with student activities and worksheets
- Posters for the classroom
- Newspapers for your classroom
Newspaper supply: 25 copies of the weekday *Mercury* for two consecutive school weeks of your choice
- Additional information
from the Community Nutrition Unit and Eat Well Tasmania
- **Bonus newspaper activity book**

All this for just \$30

Available to order at any time (minimum of one weeks' notice required):

on our website: <http://ink.news.com.au/mercury>

by email: nie@dbl.newsltd.com.au

fax inquiries: 6230 0776

phone inquiries: 6230 0736

All inquiries: contact Damian Bester at the *Mercury* Newspapers in Education department on 6230 0736, fax 6230 0776, or email nie@dbl.newsltd.com.au

The Mercury – Healthy Choices Kit

1. Complete your school details (please print)

Contact Name _____

Position _____

School Name _____

Street Address (not PO Box) _____

Town/Suburb _____ Postcode _____

Telephone _____ Fax _____

Email _____

Signature _____

2. Specify the number of kits required

Number of kits _____ at \$30 per kit. (Price includes GST)

One kit includes teacher handbooks, posters, bonus items, and 25 copies of the *Mercury* for 10 days. Newspaper supply delivered daily for two consecutive school weeks.

3. Nominate your newspaper delivery dates

START: Monday _____ (Insert month and day)

4. Choose a newspaper delivery method

- I would like my classroom newspapers **delivered to school**
- I will collect** my classroom newspapers (specify newsagency for collection)

5. Select a payment option

- You can
- Enclose a cheque
 - Provide an order number for an invoice to be sent to your school
 - Pay by credit card
 - Visa Mastercard Amex Diners

Cardholder name _____

Cardholder signature _____

Card number _____

Expiry date on card ___/___

6. Send to our Education Resources Department

FAX (03) 6230 0776 OR POST: Tasmania Kit, Mercury NIE, GPO Box 334, Hobart 7001