



Wildcat Fitness Challenge

HOAGLAND ELEMENTARY



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September 25, 2009

Dear Parents and Guardians,

Students and staff will participate in fitness activities beginning October 1, 2009 and continuing through May 1, 2010. All participants will be asked to log at least 20 minutes of exercise each day. The goal is to exercise four out of seven days. Students will be encouraged to participate in a wide range of activities that will help them to keep active during the cold weather months.

Students will log activities and submit their logs each month. In turn, they will place a marker (footprint) on the wall to graph their class progress. Each grade level will be competing for first place. Students who participate each month will receive a Hoagland Spirit wristband at the end of the program.

Parents can help by encouraging students to be active at home, by helping students complete their log, and by signing the log. A partial list is included to show that a wide range of activities could be counted for the home minutes. Any physical activity that students participate in outside of school can be counted towards their time. When the log is completed, parents should sign the log to verify the time and students should return it to school.

Home exercise activity suggestions: Participation in any sport game or practice, walking, jogging, cheerleading, aerobic exercise, karate, judo, kickboxing, weights, or body building. Please consider that this is only a partial list of possible activities.

We appreciate your help in this wellness project and invite you to participate with your children. We also hope that you will stop in and check the grade level progress posted in the hallway by the café.

Thanks,

Marilyn Hissong, Principal
Wellness Committee Members