



COORDINATOR'S GUIDE

2018 – 2019



WWW.FITNESSFORKIDSCALLENGE.COM



Dear Play 60 Challenge Teacher,

The Buffalo Bills, Independent Health Foundation and Buffalo Niagara American Heart Association are proud to offer year-round opportunities for local students to be more physically active and make healthier eating decisions by participating in the Buffalo Bills Play 60 Challenge and the Independent Health Fitness for Kids Challenge. We will once again celebrate this partnership by offering your classroom the opportunity to participate in the Play 60 Challenge.

The American Heart Association recommends that to help students get 60 minutes of moderate to vigorous physical activity every day, schools should provide the opportunity for students to get at least 30 minutes during the school day. To help accomplish this, the Buffalo Bills Play 60 Challenge will provide you with information to allow students to participate in daily physical activity both in school and at home.

The Play 60 Challenge is a four-week program that will start on Monday, October 1st. The following items are included in the Play 60 Challenge Classroom Kit:

- **Play 60 Challenge Teacher Guide**: Program guide that provides an overview of the Play 60 Challenge.
- **Play 60 Challenge Student Activity Sheets**: Allows students to track their activities over a four-week period (Monday, October 1st – Sunday, October 28th) with the goal being 60 minutes each day.
- **Classroom Scoreboard**: This poster can be placed anywhere in the classroom to encourage students to participate. **It must be filled out and turned in with your Classroom Participation Form to Adam Leberer at the United Way** in order to be eligible for the Play 60 Challenge incentives including the Classroom Party at the Bills vs. Jaguars Game on 11/25, Spring Field Day visit, autographed merchandise and more.
- **Play 60 Challenge Player Cards**: To inspire and encourage students to participate in the Play 60 Challenge, we have provided Bills player cards as weekly incentives.
- **Play 60 Challenge Student Notebooks**: We have included Student Notebooks again this year for participants to use as an additional resource. These notebooks can be used how you see fit including tracking the students' progress, having your students write about their favorite sports, physical activities or athletes, having the students create new games/physical activities for recess, etc.... Please feel free to encourage students to use the notebooks however you like.

We look forward to working with your classroom and school throughout the year. Please see the attached documents which include the Play 60 Challenge Classroom Participation Form and incentive information for students and teachers.





Classroom Participation Form

Teacher Name: _____

School: _____

Grade: _____ # Of Students In Your Class: _____

Cell Phone or Home Phone Number: _____

Email Address: _____

☐

By checking this box I verify that the students in my classroom have participated in the Play 60 Challenge. I would like my classroom to be considered for the drawing for the Play 60 Challenge incentives including the Classroom Party at the Bills vs. Jaguars Game on Sunday, November 25th at New Era Field, Play 60 Challenge on-field recognition ceremony for students prior to the Bills vs Jaguars Game, Spring Play 60 Field Day visit and all other participation incentives which are listed on the Teacher and Student Incentives sheet.

Please nominate 2 boys and 2 girls from your classroom for the opportunity to potentially win one of the Play 60 Challenge Student incentives including the on-field recognition ceremony prior to the Bills vs Jaguars Game on November 25th at New Era Field.

Boy Name: _____ **Parent/Guardian Name:** _____ **Phone #:** _____

Boy Name: _____ **Parent/Guardian Name:** _____ **Phone #:** _____

Girl Name: _____ **Parent/Guardian Name:** _____ **Phone #:** _____

Girl Name: _____ **Parent/Guardian Name:** _____ **Phone #:** _____

Please return this form to Adam Leberer by Monday, November 5th via mail or email (contact information below) in order to be eligible.

Classrooms that fully participate in both the Play 60 Challenge and the Independent Health Foundation Fitness For Kids Challenge throughout the entire school year will be eligible for the Buffalo Bills Spring Field Day visit at your school in the Spring of 2019 (Mutually agreed upon date and number of students with the selected school).

Adam Leberer - United Way Fit to Succeed Coordinator
742 Delaware Avenue
Buffalo, NY 14209
Email: adam.leberer@uwbec.org





Play 60 Challenge Teacher & Student Incentives

As a thank you for your participation in the Play 60 Challenge program, teachers who turn in their Classroom Participation Form and completed Classroom Scoreboard by Monday, November 5th have the opportunity to win a number of incentives for themselves and their students. Please see the full list of incentives below that will be randomly distributed to participating classrooms, teachers, and students.

Incentive #1: The Bills will select **one (1) classroom** that completes the Play 60 Challenge to participate in the **Play 60 Classroom Party** on Sunday, November 25th at the Bills vs. Jaguars Game. All students and teachers in the selected classroom will receive a Bills Play 60 gift pack, parking pass, lunch and tickets to the Bills vs Jaguars Game for themselves and a guest.

Incentive #2: The Buffalo Bills will select **twelve (12) students** to participate in a special on-field **Play 60 Challenge Recognition Ceremony** prior to the Bills vs. Jaguars Game on November 25th at New Era Field. Selected students will receive a Bills Play 60 gift pack, parking pass, gift card and tickets for themselves and two guests.

Incentive #3: Ten Teachers and ten Students will be selected to receive participation incentives.

Teacher Incentives

- \$200 Bills Store Gift Card
- \$200 Visa Gift Card
- \$200 Nike Gift Card
- Tablet
- #27 Tre White Autographed Helmet
- Wireless Headphones
- #23 Micah Hyde Autographed Football
- Smart Fitness Watch
- #17 Josh Allen Autographed Jersey
- Bills Travel Bag and Fan Package

Student Incentives

- \$200 Bills Store Gift Card
- \$150 Nike Gift Card
- \$150 New Era Cap Gift Card
- Mini Tablet
- #13 Kelvin Benjamin Autographed Cleat
- Wireless Headphones
- #73 Dion Dawkins Autographed Jersey
- Smart Fitness Watch
- #49 Tremaine Edmunds Autographed Helmet
- Bills Backpack and Fan Package

Incentive #4: The Bills will host a Field Day visit at a selected school at a mutually agreed upon date and number of students in the Spring of 2019. In order to be eligible for the Spring Field Day visit, your classroom will be required to turn in the Play 60 Challenge Classroom Participation Form, Classroom Scoreboard and track your school's Fitness for Kids Challenge participation from November-May (including healthy policy/change) on the website at www.fitnessforkidschallenge.com.

You must turn in your Classroom Participation Form and Classroom Scoreboard to Adam Leberer by **Monday, November 5th** to be eligible. Thank you for participating in the Play 60 Challenge!

Adam Leberer - United Way Fit to Succeed Coordinator
742 Delaware Avenue
Buffalo, NY 14209

Email: adam.leberer@uwbec.org



NO PURCHASE NECESSARY TO ENTER OR WIN

Purchase does not increase chance of winning.

1. NO PURCHASE NECESSARY TO ENTER OR WIN. Participation constitutes entrant's full and unconditional agreement to and acceptance of these Official Rules. The information in Rule No. 2 outlines the specifics for this Contest.
2. Name of Contest: Buffalo Bills Play 60 Challenge
Contest Period: 8:00 a.m. (ET) on October 1, 2018 through 5:00 p.m. (ET) on November 5, 2018
Program Incentive Prizes:
Program Incentive # 1: One (1) participating Classroom will be invited to the Bills vs. Jaguars game on November 25th. Each student and teacher in the selected classroom will receive a ticket for themselves and a guest, a parking pass, food and Bills gift bag.
Program Incentive # 2: Twelve (12) Students will receive the opportunity to be recognized on the field prior to the Bills vs. Jaguars game on November 25th. The students will receive a ticket for themselves and two guests as well as food and Bills merchandise. These students will be nominated by their teachers.
Program Incentive # 3: Ten (10) Teachers and ten (10) Students will be selected to receive prizes including Buffalo Bills branded clothing, Buffalo Bills Autographed Merchandise, Gift Cards, and electronics, as determined in the discretion of the Buffalo Bills.
Program Incentive # 4: A select number of Buffalo Bills personnel visit to one (1) participating school for a field day in the spring of 2019 in partnership with the Independent Health Foundation Fitness For Kids Challenge at a mutually agreed upon date and time as well as a mutually agreed upon number of students.
Quantity of Prizes to be Given Away: One (1) of each of the four (4) Program Incentive Prizes described above.
Sponsor(s): Buffalo Bills, LLC, One Bills Drive, Orchard Park, NY 14127; Independent Health Foundation; Buffalo Niagara American Heart Association.
Selection Date: On or after Tuesday, November 6, 2018
3. Open to primary school classrooms within the following counties in New York State: Allegany County, Cattaraugus County, Chautauqua County, Erie County, Genesee County, Niagara County, Orleans County, and Wyoming County.
4. HOW TO ENTER. Teachers must register their classroom as a Play 60 Challenge/Fitness For Kids Challenge classroom on www.fitnessforkidschallenge.com and receive a classroom kit from the Buffalo Bills and Independent Health Foundation. Teachers must follow the instructions in their classroom kit and turn in their Play 60 Challenge Classroom Participation Form and Classroom Scoreboard (showing that their classroom participated in the Play 60 Challenge) to Adam Leberer the United Way Fit To Succeed Coordinator by 5:00 p.m. Monday, November 5, 2018 to be eligible for all Program Incentives. All classrooms whose teacher or school representative turn in their Play 60 Challenge Classroom Participation Form will be eligible for the Program Incentives. The recipients of each Program Incentive will be selected by the Buffalo Bills.
5. PRIZES AND ODDS OF WINNING. Winners of the Program Incentives will be randomly selected from among the entered classrooms showing the highest participation levels on or about the Selection Date stated in Rule No. 2. The Prize description and quantity of Prizes to be given away are stated in Rule No. 2. Prize consists of only those items specifically listed as part of the prize. The odds of winning a prize are dependent upon the number of entries. All prizes stated in Rule No. 2 will be awarded, assuming sufficient entries. The random selection and awarding of prize(s) will be conducted under the supervision of the Buffalo Bills, whose decisions are final and binding in all matters pertaining to this Contest. Entrants agree to be bound by these Official Rules.
6. GENERAL CONDITIONS. Potential winners will be notified via the contact information provided by the teacher who registered their classroom; potential winners must reply to the notification within forty-eight (48) hours, or the prize may be forfeited and an alternate winner will be selected. If the reply is received within the deadline, the potential winner and/or the associated school and students may be required to sign and return an Affidavit of Eligibility and Release of Publicity and Liability upon notification. In the event of noncompliance, if a winner cannot be reached, or if a prize is returned as unclaimed or undeliverable, that prize will be forfeited and an alternate winner will be selected. No substitution of any prizes will be offered. No prize transfer permitted. If a prize is unavailable, Sponsor reserves the sole right to substitute a prize of equal or greater value. Limit one prize per person. All taxes, fees, surcharges on prizes, and travel and lodging costs are the sole responsibility of the prize winner(s). To participate in the Program Incentive Prize, winning entrants may be required to obtain parental consent for the classroom participants and may be required to obtain parental or other supervision for the classroom participants in participating in or accepting the Program Incentive Prize. By participating and accepting a prize, where permitted by law, each winner grants to Sponsor (and agrees to obtain same from classroom participants and their parents/legal guardians for the benefit of Sponsor, and winner agrees to confirm that grant in writing) and those acting pursuant to the authority of Sponsor, the right to print, publish, broadcast, and use, worldwide in any medium now known or hereafter developed, including but not limited to the World Wide Web, at any time(s), that winner/classroom participant's name, portrait, picture, voice, likeness, and biographical information as news or information and for advertising and promotional purposes without additional compensation or review. The winner and/or classroom participants, as applicable, must provide their own transportation, as applicable for the Program Incentive Prize, and any transportation costs shall be the sole responsibility of the winner.
7. RELEASE OF LIABILITY. All entrants agree to hold harmless and release the Buffalo Bills, the National Football League and its member clubs, Independent Health Foundation, Buffalo Niagara American Heart Association, and their parent companies, affiliates, subsidiaries, officers, directors, agents, employees, and all others associated with the development and execution of this Contest from any and all liability with respect to or in any way arising from this Contest and acceptance, possession, use, or misuse of a prize, including but not limited to liability for personal injury, bodily injury including wrongful death, damage to property, and damage or loss of any other kind. Sponsor is not responsible for prize quality or utility. Sponsor is not responsible for any incorrect or inaccurate information, whether caused by Website users, by any of the equipment or programming associated with or used in the Contest, or by any technical or human error that may occur in the processing of submissions in the Contest. Sponsor assumes no responsibility for any error; omission; interruption; deletion; defect; delay in operation or transmission; communications-line failure; theft, destruction, unauthorized access to, or alteration of entries. Sponsor is not responsible for any problems or technical malfunction of any telephone network or lines; computer online systems, servers, or providers; computer equipment; computer software; or failure of entry on account of technical problems. Sponsor is not responsible for user cheating or fraud by any entrants. Any activities intended to disrupt or interfere with the proper play of the Contest or defraud Sponsor in any way will be prosecuted to the fullest extent of the law. Participants who engage in any of the foregoing activities will be disqualified and will forfeit any prizes won. If, for any reason, the Contest is not capable of running as planned, due to, but without limitation, infection by computer virus, worm, or bugs; tampering; unauthorized intervention; fraud; technical failures; or any other causes beyond the control of Sponsor, that in the sole opinion of Sponsor, could corrupt or affect the administration, security, fairness, integrity, or proper conduct of this Contest, Sponsor reserves the right, at its sole discretion, to cancel, terminate, modify, or suspend the Contest.
8. DISPUTES: THIS CONTEST IS GOVERNED BY THE LAWS OF THE STATE OF NEW YORK. As a condition of participating in this Contest, participant agrees that any and all disputes that cannot be resolved between the parties, and causes of action arising out of or connected with this Contest, shall be resolved individually, without resort to any form of class action, exclusively by arbitration in a location selected solely by Sponsor. Further, in any such dispute, under no circumstances will participant be permitted to obtain awards for, and hereby waives all rights to claim punitive, incidental, or consequential damages, including reasonable attorney fees, other than participants' actual out-of-pocket expenses (i.e., costs associated with entering this Contest), and participant further waives all rights to have damages multiplied or increased.

WINNER(S) LIST. To receive a copy of the winner list, send a self-addressed stamped envelope to the address below to: Buffalo Bills and Independent Health Foundation Play 60 Challenge (c/o Buffalo Bills, LLC, One Bills Drive, Orchard Park, NY 14127). Request must be received within 90 days of Contest Selection Date.

Play 60 CHALLENGE



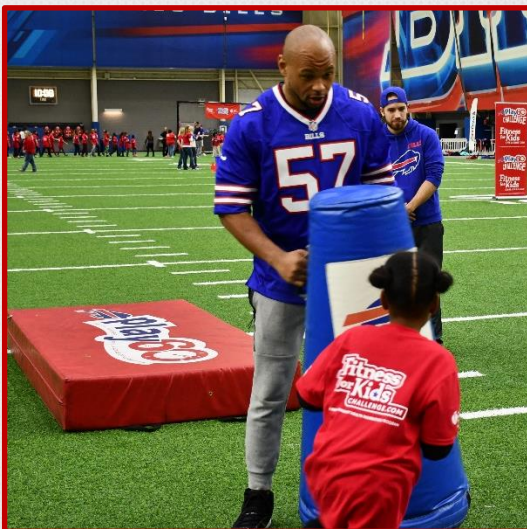
TEACHER GUIDE



American
Heart
Association.



Thank you for your outstanding support of the Buffalo Bills & Buffalo Niagara American Heart Association Play 60 Challenge and Independent Health Fitness For Kids Challenge.





INTRODUCTION

Welcome to the Buffalo Bills Play 60 Challenge, hosted in partnership with the Independent Health Foundation and the Buffalo Niagara American Heart Association! We are proud to once again bring your school year-round opportunities to improve the health and wellness of your students through the Play 60 Challenge and the Fitness for Kids Challenge.

The Play 60 Challenge is intended to educate and motivate students to move before, during and after the school day for at least 60 minutes every day. The design of the Challenge allows schools to create an environment that is conducive for physical activity as a part of the year-long Fitness for Kids Challenge.

Thank you for your participation in the Challenge, if you have any questions in regard to how to run the program in your classroom or how to track your student's progress please reach out to Adam Leberer, the United Way Fit To Succeed Coordinator, via email or by phone.

Adam Leberer – United Way Fit to Succeed Coordinator

Phone: 716-887-2640

Email: adam.leberer@uwbec.org



Play 60 CHALLENGE



SECTION 1

Independent
 Health
FOUNDATION

Fitness
for Kids
CHALLENGE.COM



American
Heart
Association.



IMPLEMENTING THE PLAY 60 CHALLENGE

As a teacher, you have an opportunity to impact your students' choices and actions. Your attitude will influence those of your students; so plan to participate in physical activity with your students and have some fun! The activity does not need to be strenuous to be beneficial. Simply moving your body through space or taking a walk is physical activity.

The American Heart Association website offers several online resources to help you implement the Play 60 Challenge at your school, including teacher training videos and activity ideas, as well as lesson plans - which can be modified to work in your classroom based on the age and ability of your students.

Students can also download the NFL Play 60 App in the App Store for iOS or in the Google Play store for Android. The app encourages kids ages 6-14 to get active through an endless runner game.

To access these online resources, please visit:

www.aha-nflplay60challenge.org/





The Draft (One Week Prior to the Start of the Challenge)

1. **Assemble a team:** Recruit teachers and administrators to serve as the Challenge leads. It is critical to involve as many teachers as possible so that students are engaged in all classes. Consider utilizing members of your School Wellness Council.
Identify staff to serve as the:
 - **Head Coach** - Leads the committee and serves as a resource for teachers and staff participating in the Challenge
 - **Referee** - Responsible for keeping a tally of all minutes from students using the Classroom Scoreboard
 - **Fans** - Spearhead and plan motivational activities during the Challenge
2. **Make a game plan:** Students will learn about the Play 60 Challenge and receive their Play 60 Challenge Student Activity Sheets, which will be their personal guide and tracking tool for the Challenge. Give students a brief overview of the Challenge, referring to the week-by-week calendar and include information about special incentives being offered by the Buffalo Bills (Buffalo Bills Play 60 Challenge Player Cards, autographed merchandise, Play 60 participation gifts, and more!)
 - **How long will it take?** - 15-20 minutes
 - **What do I need?** - Play 60 Challenge Activity Sheets, pens or pencils

Complete the Classroom Scoreboard: Fill in everyone's name on the scoreboard, talk about your classroom goal for minutes of physical activity over the next 4 weeks (simply multiply the number of students and teacher(s) x 60 minutes a day x 28 days). Reinforce the concept of accountability - everyone must contribute to achieve the team goal. If you have any questions, please contact Adam Leberer.

Adam Leberer – United Way Fit to Succeed Coordinator

Phone: 716-887-2640

Email: adam.leberer@uwbec.org





Week 1: The Home Opener (Start of the Play 60 Challenge)

1. Begin the Play 60 Challenge in your classroom. Communicate with parents that the students are participating in the Play 60 Challenge to encourage physical activity at home.
2. Start off on the right foot – with a classroom physical activity! Students can also count time in Physical Education class on their activity sheets.*
3. Have the students record the information on their Play 60 Challenge Student Activity Sheets.
4. Finish the day off with another physical activity and have the students record the information on their Play 60 Challenge Student Activity Sheets.
5. Each morning update your Classroom Scoreboard with the physical activity completed by your students the previous day.
6. Hand out Bills Player Cards for students who participated in the Challenge as an incentive each Friday throughout the challenge.



* You can come up with your own physical activity ideas, encourage the students to create physical activities for the classroom to participate in together or you can find physical activity ideas on the American Heart Association Play 60 Challenge website using the link below:

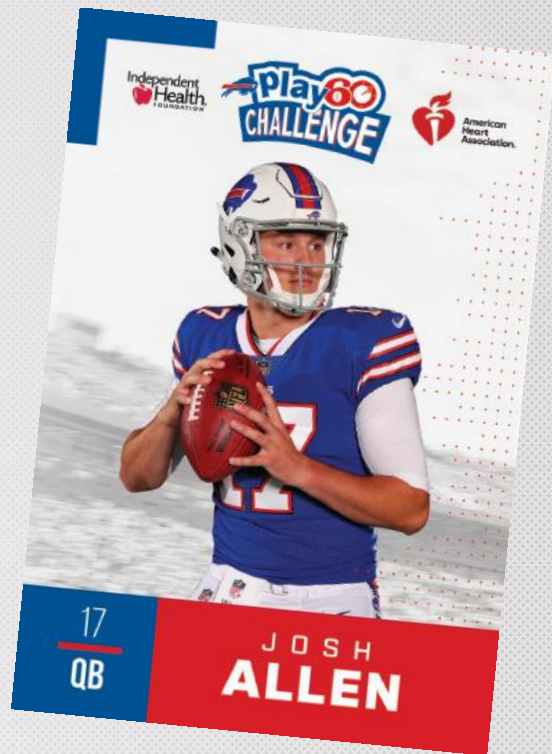
www.aha-nflplay60challenge.org/





Week 2: The Regular Season

1. Continue implementing physical activity opportunities into classes to accumulate 30 minutes throughout the school day.
2. Reinforce use of the Play 60 Challenge Student Activity Sheet and Student Notebook to track in-school and at-home physical activity minutes and add those minutes on the Classroom Scoreboard.
3. Continue encouraging students to participate in physical activities at home with the friends and family. Allow students the opportunity to share with their classmates what physical activities they did at home.
4. Hand out Bills player cards to students who participated in the Challenge as an incentive each week.
5. Visit the American Heart Association Play 60 Challenge Website for videos and resources to help you encourage physical activity in your classroom.



www.aha-nflplay60challenge.org/



Week 3: The Postseason Push

1. Reinforce physical activity breaks - keep a daily tally of total physical activity minutes.
2. Reinforce use of the Play 60 Challenge Student Activity Sheet and Student Notebook to track in-class and at-home minutes.
3. Create mini-challenges. For example, challenge another classroom for a week to see who can get more physically active, create a classroom mascot, etc.
4. Have a Field Day. Consider engaging students in multiple activities and sports during a school-wide field day. Activities may include toss or NFL Flag football, sack race, kickball, hula-hoop, ultimate frisbee, tug-of-war, a limbo contest and an obstacle course. If the weather does not cooperate, take it to the gym!
5. Hand out Bills Player Cards for students who participated in the Challenge as an incentive.





Week 4: The Playoffs

1. Maintain physical activity breaks to accumulate 30 in-school minutes of physical activity every day and continue to encourage physical activity at home to accumulate minutes as well.
2. Provide sample resources to take home or insert into school newsletters to encourage parents and caregivers to talk to students about their progress with the Challenge. Parents can also act as role models by increasing their physical activity and sharing ideas for ways the whole family can get active together.
3. Select a group of staff (or all staff) to take their own personal Play 60 Challenge. They can provide motivation to help students stay excited about the Challenge.
4. Reinforce use of the Play 60 Challenge Student Activity Sheet and Student Notebook to track in-class and at-home minutes on the Classroom Scoreboard.
5. Hand out Bills Player Cards for students who participated in the Challenge as an incentive.





Week 5: The Championship Celebration

1. **Tally total minutes over the four weeks for your classroom. Start to plan an event to reward students. Consider a pep rally with healthy snacks to congratulate students and staff.**
2. **Make sure to turn in your Classroom Participation Form and Classroom Scoreboard to become eligible for participation incentives. Please return to Adam Leberer by Monday, November 5th.**

Adam Leberer – United Way Fit to Succeed Coordinator
742 Delaware Avenue
Buffalo, NY 14209
Phone: 716-887-2640
Email: adam.leberer@uwbec.org

3. **If your school has successfully implemented the Play 60 Challenge, maintain the momentum - physical activity and healthy eating is a year-round commitment your school can make. We encourage you to participate in the Independent Health Foundation Fitness For Kids Challenge throughout the school year.**
4. **By participating in the Independent Health Foundation Fitness For Kids Challenge throughout the school year, your school and classroom will become eligible for more great participation incentives including the spring Buffalo Bills Field Day visit.**

For more information on the Fitness For Kids Challenge please email Anna Jaremko or visit www.fitnessforkidschallenge.com/registration.

Anna Jaremko – Independent Health Foundation Project Coordinator
Email: Anna.Jaremko@independenthealth.com





SCHOOL-WIDE TIPS:

- Encourage students to lead physical activity by having a contest among student groups to create 3-5 minute physical activity breaks. Video tape the breaks and classroom teachers can use them any time of the day.
- Make physical activity part of your morning announcements by leading a school-wide warm up.
- Offer opportunities before school while students are waiting for class to start that encourage physical activity such as establishing a walking trail around the building or allowing an open gym. During inclement weather, let students walk the halls.
- Have a fitness alarm twice a day where everyone (students, staff and faculty) participates in 3-5 minutes of physical activity.
- Encourage students to download the NFL PLAY 60 app from the App Store for iOS or in the Google Play store for Android. The app encourages students to get their 60 minutes of daily recommended physical activity through an interactive running experience.
- Make it a school-wide practice that 3 minutes before every test, students get to pick a physical activity break to work off some pre-test anxiety and energy.
- Take it to the track and let students walk the track (gym or any outside space) after they finish their lunch.

ONE  HEART
BEAT
LOUDER

2018 – 2019

TEACHER'S GUIDE



**Fitness
for Kids**
CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

WWW.FITNESSFORKIDSCHALLENGE.COM



2018-19 TEACHER GUIDE

Below, you will find ideas for each of the monthly challenges and you can find more resources on www.fitnessforkidschallenge.com/teachers.

Every Month:

- Week 1:** Talk to your students about the goal for that month. Quiz them to see if they know anything about the goal.
- Week 2:** Pass out the family newsletters to your students to take home. At the end of the month, collect the completed newsletters from students and give them a sticker.
- Week 3:** Do a classroom challenge around the goal of the month. Set up a competition with students to see who can come up with the most creative idea around the goal.
- Week 4:** Tracking: Log on to the website and click "Submit Progress Report" for each month. Check "yes," "no" or "N/A" for each student's participation.



November

5 servings of fruits and vegetables a day

Have your students try new fruits and veggies! Email us and we will send you a gift card to buy fruits and vegetables for an in class tasting day: Foundation@IndependentHealth.com

Make a classroom poster of green light, yellow light, and red light foods. Have students list the items they wrote on the back of their family newsletter. Challenge students to avoid red light foods as their snacks for school.



December/January

Healthy Policy/Change

The Challenge for December and January is to create a healthy policy/change for your classroom and/or school. This policy/change can include anything that incorporates a long term health and wellness change into your classroom and/or school, not necessarily just a one-time event.

Please fill in the tracker on the back of this form and mail or email back by February 4th, 2019 (in order to be eligible for all prizes).

For ideas, visit <http://www.fitnessforkidschallenge.com/health-policychange>.



February

9 hours of sleep a night



Remind your students that a good night's sleep is important for their academic performance and overall health! Encourage students to remove all screens from their bedrooms so they don't overstimulate before bed.

Make a classroom poster where students can track their sleep each day of the week and see who in the class can be the most consistent and aim for 9 hours of sleep a night.

March



2 hours of screen time a day

Talk to your students about screen time and what activities are part of screen time (watching TV, playing video games, playing on a tablet, etc.).

As a class, come up with a list of activities that you like to do instead of screen time (read, play games with your family, play cards, cook a healthy meal, go for a walk, etc.) Encourage each student to go home and focus on activities that aren't screen time each week. See which student (or teacher) can have the least screen time in a week!

April



1 hour of physical activity a day

Talk to your students about all of the different ways they can be physically active. Remind them that they can be active in non-traditional ways as well (gardening, doing chores, dancing, etc.)

Split your classroom up into groups and have them research physical activities from different countries. Have the teams present to the class and try these new activities at recess!



Remind your students that they can count phys. ed. class and recess into their physical activity!

May

0 sugary drinks a day

Encourage your students to drink 0 sugary drinks a day by having them try fun non-sugary drinks!

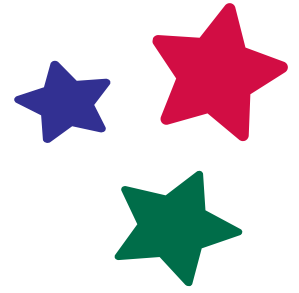
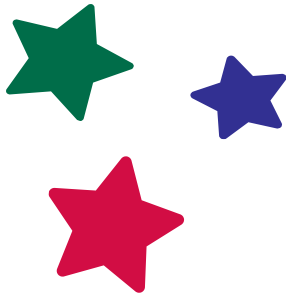
Email us and we will send you a gift card to buy fruits and vegetables for smoothies or fruit-infused water: Foundation@IndependentHealth.com.

Talk to your students about drinking water and why it is important for your health. If possible, allow your students to keep water bottles at their desks so they can hydrate throughout the day. Encourage students to drink at least 8 glasses of water every day!



Contact Us:

If you have any questions or other ideas for monthly challenges for your classroom, contact us to see if we can help! Phone: (716) 635-4959 or Foundation@IndependentHealth.com



Healthy Policy/Change Tracker

The Challenge for December/January is to create a healthy policy or change for your classroom, or school. This can include anything that incorporates a long term health/wellness change into your classroom or school.

Please fill in this tracker and mail or email back by February 4th, 2019 (to be eligible for all prizes). If you have any questions, please feel free to call the Independent Health Foundation at (716) 635-4959.

School Name: _____

Teacher Name: _____

Note: If you do a full school healthy policy/change please write "all teachers" in the teacher name section

Tell us what healthy change you implemented in your school or classroom:

Effective date of policy change: _____

Number of students who participated/reached: _____



Please complete this form and mail to the address below or email to Foundation@IndependentHealth.com

Independent Health Foundation
511 Farber Lakes Drive
Buffalo, NY 14221

Please email or mail your completed form by February 4th, 2019 in order to be eligible for all prizes.

