



2018-19 SCHEDULE

MONTH	FOCUS	ACTIVITY
September	Fitness for Kids Challenge (FFKC) and Play 60 Challenge (P60) materials sent out to schools	Participating schools will be encouraged to start the school year off by preparing their teachers and students for both the Fitness for Kids Challenge and Play 60 Challenge.
October	P60: Classroom program begins	Use your classroom kit to implement the Play 60 Challenge which encourages 60 minutes of physical activity each day (30 minutes in school and 30 minutes at home). Classrooms will be required to track their progress in order to be eligible for prizes.
November	FFKC: 5 fruits and vegetables	Reach out for a gift card to host a fruit and vegetable tasting day in classroom.
	P60: Participation information due	Play 60 student participation information must be submitted by November 5. Prize winners will be notified.
December	FFKC: School Healthy Policy/Change	Discuss possible changes with other teachers and your principal.
	P60: Prize distribution	Play 60 Challenge grand prizes will be awarded to top participating classrooms, students, and teachers.
January	FFKC: School Healthy Policy/Change	Implement policy changes and complete form (email to foundation@independenthealth.com).
February	FFKC: 9 hours of sleep a night	Create a sleep tracker to hang up in your classroom. See which student can get 9 hours of sleep a night for a week!
March	FFKC: 2 hours screen time	Host a challenge and see which student can come up with the most creative game instead of screen time.
April	FFKC: 1 hour physical activity	Challenge your students to create a game that makes them physically active. Play the games during recess!
May	FFKC: 0 sugary drinks	Reach out for a gift card to make fruit infused water or smoothies for your students to try.
	P60: Bills Field Day	One school will be selected to win a field day for top participation.
June	FFKC and P60: Grant distribution	Announce the Fitness for Kids Challenge and Play 60 Challenge health and wellness grant recipients.

Questions? Contact us at Foundation@IndependentHealth.com.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

