



2022-2023 PROGRAM OUTLINE

INCLUDED IN YOUR KIT:

PLAY60 CHALLENGE MATERIALS:

- Teacher Letter
- Activity Sheets for Students
- Classroom Scoreboard
- Buffalo Bills Trading Cards
- Buffalo Bills Notebooks

FITNESS FOR KIDS CHALLENGE MATERIALS:

- Classroom Tracker
- 7 packs of Newsletters: November-May
- Stickers for Each Month
- November Prizes (4 Beach Balls)
- Completion Certificates

All electronic materials for both programs are available at www.fitnessforkidschallenge.com

OCTOBER
P60: Play for 60 minutes a day
Tracking Due: November 9th

NOVEMBER
FFKC: 9 hours of sleep a night
Tracking Due: December 5th

DECEMBER
FFKC: Student Goal Setting
Tracking Due: January 9th

JANUARY
FFKC: YOU—be your best you
Tracking Due: February 6th

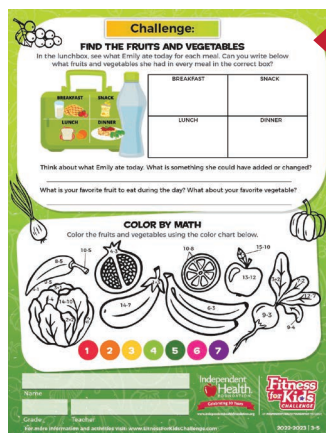
FEBRUARY
FFKC: 5 servings of fruits and vegetables
Tracking Due: March 6th

MARCH
FFKC: 2 hours of screentime or less
Tracking Due: April 10th

APRIL
FFKC: 1 hour physical activity
Tracking Due: May 8th

MAY
FFKC: 0 sugary drinks
Tracking Due: June 9th

STEP 1: MONTHLY NEWSLETTERS



On the newsletters, you will see activities, information about the goal, school spotlights, etc. On the back you will see a **Challenge:** the students need to complete. This challenge is what you will be having the students complete during classroom time, PE or send the newsletters home for the students to complete the challenge at home or in class. Upon completion, this is what you will be tracking on the Fitness for Kids Challenge website.

STEP 2: MONTHLY EMAILS

Each month you will receive an email that is sent out to all the coordinators about what to do and expect each month! Please feel free to forward these emails to all participating classroom teachers in your school.

STEP 3: ONLINE PARTICIPATION

After collecting the newsletters back from the students, this is when you go to the website and fill out the Challenge Tracker form for EACH classroom EVERY month:

<https://www.fitnessforkidschallenge.com/challenge-dashboard-2022>

On the challenge tracker you will be asked what school, what classroom you are tracking for, and how many students in the classroom participated that month. Monthly gift card drawings will be held for teachers who complete tracking by the end of the month for each challenge.

STEP 4: PRIZES

Each month, we will mail out 4 prizes for your classroom to distribute to your top performing students! November's prizes have been included in the kit, beach balls. The other incentives and classroom/school-based prizes will be rewarded to schools based off tracked online participation.

INCENTIVES AND PRIZES!

SCHOOLS:

- ★ **\$21,500** in School Health and Wellness Grants (large, small, rural, urban & suburban)
- ★ School Assemblies*
- ★ Buffalo Bills Field Day Visit*

CLASSROOMS:

- ★ **10** \$250 Grants per Classroom
- ★ Teacher/Coordinator Gift Cards
- ★ Classroom Gift Cards
- ★ Possible Field Trips/Performances*

TEACHERS AND STUDENTS:

- ★ **\$1,000** Coordinator Grant to be Used for School-Related Items
- ★ Game Day Experience at Highmark Stadium*
- ★ Various Opportunities for Gift Cards, Autographed Merchandise, etc.

*Pending COVID-19 protocols and restrictions.

In order to be eligible for all end of the year prizes, you must fully participate in both the Play60 Challenge and the Fitness for Kids Challenge throughout the entire school year and track your participation online at: www.fitnessforkidschallenge.com.

Need Help? Please don't hesitate to reach out to Kelsey Garvelli at Kelsey.Garvelli@independenthealth.com. We are always here if you have any questions, concerns, ideas or thoughts! Feel free to visit www.fitnessforkidschallenge.com for additional resources and information.