

# Fitness for Kids CHALLENGE

This FREE community-wide initiative focuses on helping children to learn and practice healthy habits. These programs will challenge students in grades K through 5 to participate in physical activities, make good nutrition choices and focus on their social-emotional health both in school and at home throughout the year using the 95210 + YOU goals. The Challenge runs September 30, 2024 through May 20, 2025.

- ★ **October-** Student Goal-Setting
- ★ **November-** 9 hours of sleep each night
- ★ **December-** Be Your Best YOU
- ★ **January-** Be Your Best YOU to others
- ★ **February-** 5 servings of fruits/vegetables a day
- ★ **March-** 2 hours of screen time, or less, a day
- ★ **April-** 1 hour of physical activity, or more, a day
- ★ **May-** 0 sugary drinks on most days



## How is the Program Run?

The program is run in individual classrooms by teachers or in gym class by a gym teacher. In September, each classroom will receive a kit with all of the materials needed to implement the Fitness for Kids Challenge, including handouts, stickers, newsletters, activities, and prizes.

## NEW Yearly Incentives:

- ★ **School Incentives**
  - **Over \$20,000 in funding for health and wellness at schools** (given out in June, based on online tracked participation)
  - **20-** \$1,000 school grants based on school size (large or small)
  - **6-** Varying school grants based on geographic location (rural, urban, suburban)
- ★ **Classroom Incentives**
  - **10-** \$250 classroom grants (given out in June, based on online tracked participation)
  - Fruit and vegetable tasting days
- ★ **Assemblies, Field Trips and more**
  - School Dance Parties with DJ Milk
  - School concerts with local musician Kevin McCarthy
  - Fruit and vegetable tasting days
  - Healthy snack classes with Chef Andy
  - Field trips to Rolly Pollies kids gym
  - Field trips to local parks (Guided Hikes, Biking, Fishing, and more!)
- ★ **Student Incentives**
  - Monthly stickers coordinating with the 95210+YOU goals for every student
  - Four monthly prizes for each participating classroom (water bottles, Frisbees, etc.)
- ★ **Teacher Incentives**
  - One annual coordinator Prize - \$1,000 for classroom related items
  - Monthly raffles for prizes such as gift cards, sports team gear, Buffalo themed items, etc.