

Dear Parents, Teachers and Students,

St. Mary School will be participating in the ***Governor's Challenge*** which is part of the Governor's Council on Physical Fitness and Sports. The 2010 Governor's Challenge Competition is a contest among California k-12 schools that encourages California students, parents and teachers to get active, healthy and fit.

Rewards

All students completing the Governor's Challenge will qualify for a Certificate of Completion from the Governor's Council on Physical Fitness and Sports made possible by General Mills. Students can earn one certificate per academic year. We can also qualify for regional and state prizes.

What do I need from you?

The program runs every 28 days. Students must be active 30-60 minutes a day at least 3 days a week for a month in addition to the physical activity they engage in as part of their school's regularly scheduled physical education classes. **YES**, they may use their recess and lunchtime minutes if they are physically active during that time. Your child needs to record their physical activity the log sheet. I have attached the first log sheet for 14 days and will send home the next log sheet after our Thanksgiving break. Please make sure that you turn this in on the noted due date. I must enter all of the activity minutes accumulated for every student in our school.

What is physical activity?

From walking the dog, participating in organized sports, dance, gymnastics, karate, etc. - even playing on a play structure - it's all about getting out and physically moving. Physical activity has many benefits such as stimulating the brain; helps prevent heart disease and childhood obesity to name just a few.

Parents, Teachers and Other Individuals - can sign up for the Governor's Challenge themselves, and be active on behalf of the St. Mary School.

<http://www.calgovcouncil.org/challenge/english/teachersignup/>

If you have any questions, see me or e-mail me at pat.freitas@stmesc.org.