



North Park Fit Kids!



September 2008

Dear Parents,

This year, North Park will be participating in the Fit Kids of the Hudson Valley program sponsored by the Dutchess County and Westchester County Health Departments. The purpose of the program is to help children develop healthy eating and exercise habits that they can sustain throughout their lives. As part of the program, we have gotten a \$2000 grant to implement our activities. We have used the money to buy playground equipment that classes can earn points to “purchase” for use at recess. There will be four ways that classes can earn the points:

- Wellness Wednesdays. Although healthy snacks are always encouraged, classrooms will be able to earn a point on Wednesdays if every student in the class has brought a healthy snack. For students who may forget their snack on that day or who have chosen a less nutritious snack that day, the PTA is providing snack items for each classroom to be used on Wednesdays. (A list of healthy snack ideas is attached.)
- Fitness Fridays. Classrooms that incorporate an additional period of exercise into their day on Fridays will earn a point. Students should be sure to wear sneakers on Fridays, as well as on P.E. days. Some teachers may choose to do stretching or dancing in the classrooms; others may choose to play a game outdoors.
- Nutrition/Fitness Projects. Classes that add a nutrition or fitness lesson during the week can earn an extra point. Health lessons with Mrs. Meier count, too.
- Birthday Alternatives. Students who choose to bring in a healthy snack for their classmates on their birthday, rather than cupcakes or another sugary alternative, earn a point for their class *and* earn a North Park Fit Kids bracelet for themselves.

The playground equipment that the students can “purchase” with their points is on display in the case by the library. We are looking forward to an exciting and active year of health and fitness.

Sincerely,

The Fit Kids Team

Margaret Robelee, Cliff Sauer, Mary Beth Scattergood, Alice Dawson, Tish Lange, Margaret Brocks, Pat Jacco, Joan Magnuson