

## What is PowerUp?

PowerUp is a community-wide youth health initiative to make the Valley a place where it's easy for our youth to eat well and be active.

## It's time to PowerUp

More than a year ago, Lakeview faced a staggering statistic: The children of today are projected to live shorter and less healthy lives than adults today... unless something changes. In response, ***PowerUp is committed to work with the entire community to make better eating and active living easy, fun, and popular, so that our youth can reach their full potential.***

## Schools can Power Up with the PowerUp School Challenge

The 4-week PowerUp School Challenge engages and inspires kids to PowerUp their bodies with fruits, veggies, and physical activity!

Here's how it works:

- Radio Disney kicks off the challenge with a 45-minute, high energy, super fun assembly. The message? Eat five servings of fruits and vegetables, and be active every day!
- Each student receives a 4-week supply of trackers with stickers. These will stay at school.
  - Students track their active play and fruit and vegetable consumption each day.
  - Teachers will remind children to track on a daily basis with fun lessons and reminders.
  - Students turn in completed trackers at the end of each week.
- Each student will also get a Parent Pack with take home information and a PowerUp backpack.

## Everything needed to PowerUp is provided!

- **45-minute Radio Disney assembly.**
- **Trackers with stickers** for every student.
- **Parent Pack** of information and fun giveaways.
- **Teacher tools and resources.**
- **Posters and fun visuals** for the schools and food service promoting PowerUp.
- **Weekly prizes for students** who turn in their trackers.
- **Prizes for schools** based on school participation level over the 4 weeks
  - 50-74% = \$200
  - 75-84% = \$300
  - 84-94% = \$400
  - 95-100% = \$500

## To participate in the PowerUp School Challenge just...

- **Sign Up** (registration form attached).
- **Provide one contact to act as site coordinator for all challenge details.** This could be a staff member, teacher or parent.
- Work with Lakeview to **schedule the 45-minute assembly.**
- **Prepare suitable space** for an assembly, welcome Radio Disney and students.
- **Determine the grades** that will participate. A total of at least 200 students per assembly is preferred.
- Encourage all classrooms to get high student participation with tracking and other PowerUp activities.
- Collect the trackers each week and return to Lakeview.
- Keep energy and awareness high for students!
- **Work with administration, classroom teachers food service, physical education, school nurses, parent groups, and the entire school staff and community to help everyone PowerUp!**

## Is your school up to the Challenge? Ready, set, PowerUp!

Just fill out the attached registration form and return to PowerUp at [powerup4kids@lakeview.org](mailto:powerup4kids@lakeview.org) or PowerUp c/o Lakeview Foundation. 927 Churchill St. W. Stillwater, MN 55082.

Are there other ways to PowerUp? YES!

- Visit [www.Powerup4kids.org](http://www.Powerup4kids.org) to learn more about PowerUp and find fun, family meals and activities!
- Have an idea on how to PowerUp the Valley? Share it with us at [powerup4kids@lakeview.org](mailto:powerup4kids@lakeview.org).
- Contact Marna Canterbury, Director of Community Health and Wellness at 651.430.8733 or [mcanterbury@lakeview.org](mailto:mcanterbury@lakeview.org).

## **Our school wants to join the PowerUp Challenge!**

Please complete the following form to register

School Name:

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School address:

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Principal name and email:

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School nurse name and email:

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Food service contact name and email:

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**Identified School Challenge Site Coordinator (to schedule assembly, arrange delivery date, etc.):**

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**Site Coordinator email:** \_\_\_\_\_

**Site Coordinator phone:** \_\_\_\_\_

**Schedule the 45-minute Radio Disney assembly.** Please indicate at least three potential dates for your school between January and May. We will try to schedule according to your preferences.

January days and dates: \_\_\_\_\_

February days and dates: \_\_\_\_\_

March days and dates: \_\_\_\_\_

April days and dates: \_\_\_\_\_

May days and dates: \_\_\_\_\_

**Preferred start time of the 45-minute assembly?** \_\_\_\_\_

Please note Radio Disney needs 30 minutes for set up and take down.



Please list the classrooms that will be participating. We prefer a minimum of 200 students if possible. You may choose whether all grades or specific grades will participate.

	Teacher name (First, MI, Last)	Teacher email (required)	Grade	# of students
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
<b>Total students participating</b>				

By signing below, your school agrees to and understands all terms of the PowerUp School Challenge as outlined in the attached document.

\_\_\_\_\_  
**Signature of principal**

\_\_\_\_\_  
**Date**

Signed registration forms should be returned via mail or email to the contact below.

Marna Canterbury, [mcanterbury@lakeview.org](mailto:mcanterbury@lakeview.org)  
PowerUp c/o Lakeview Foundation  
927 Churchill Street West Stillwater, MN 55082