

Dear teacher,

Welcome to the PowerUp School Challenge! This fun-filled Challenge is a great way to help kids throughout the St. Croix Valley PowerUp with fruits, veggies and physical activity! As a classroom teacher, you're an important part of making the Challenge a success for all the students at your school.

Here's how the Challenge works

- The Challenge kicks off with a high-energy Radio Disney assembly to generate excitement.
- After the assembly, you'll get PowerUp backpacks to take home to their family.
- You'll also get In-School Trackers for each of your students, envelopes to collect the trackers each week, and prizes for students who turn in their trackers.
- Over the next four weeks your students will track their fruits, veggies, and physical activity. They'll track at school and at home.
- Families will also get weekly messages from you to help them PowerUp at home.
- At the end of the Challenge, your school has the chance to earn \$200-500 PowerUp Bucks based on overall student participation.

In-school tracker



How to launch the challenge in your classroom

1. **Send home a green PowerUp backpack with each student.** It contains a PowerUp Parent letter, At-home Tracker pad, Activity booklet, Recipe Ring, magnet, and more.
2. **Tracking:**
 - Give each student one *In-School Tracker* for each week.
 - Each school day, spend 5-10 minutes having students recall how many fruits and veggies they ate, and whether they played actively on the previous day. Then, have students put stickers on the "tree" to track. (It can be helpful to track at the same time each day such as first thing in the morning or right after lunch.)
 - Over the weekend, or days there is no school, students should use the **At-home Tracker** (sent home in backpacks). Remind students to use this tracker when at home. They should bring the sheets back to school to help them accurately complete their *In-School Tracker*. Students can also complete the *In-School Tracker* from memory.

At-home tracker



**The School Challenge is provided to area schools by Lakeview Health and the Lakeview Foundation. PowerUp is a community-wide youth initiative to make better eating and active living easy, fun, and popular, so that our youth can reach their full potential. Join us, or find out more by visiting www.powerup4kids.org.*

- If a student is unable to track on any day (due to an absence or otherwise) they should draw an X across that day on the *In-School Tracker*. (This helps PowerUp know whether the child actually got zero fruits, veggies and activity, or whether they just didn't keep track.)
- **Give students one prize each week** for turning in their trackers. Prizes include pencils, notepads, rulers and dry erase boards.
- **Collect the completed *In-School Trackers*** and give to your school's Challenge Coordinator each week in the envelope provided.

3. Keep students and families engaged in the Challenge by:

- **Using teacher tips and classroom ideas.** (Included below, sent to your by your school coordinator and online at www.powerup4kid.org).
- **Using the fun PowerUp activity sheets** each week in your classroom (www.powerup4kids.org).
- **Sending home the PowerUp Family Message each week.** You can use email or include in backpacks. Your school may also be sending out as part of all family communications, but it is important that families hear from you as the classroom teacher.

4. Remember, your school can earn \$200-\$500 PowerUp Bucks based on student participation. *PowerUp Bucks* can be used to purchase wellness items for your school (likes balls, jump ropes, food service equipment, or wellness resources). **Your school can also earn up to \$200 additional PowerUp Bucks** by just by "liking" PowerUpkids on Facebook. It's simple:

- Go to: www.facebook.com/PowerUpKids and "Like" the page.
- Then, go to our Photos, find the album "School Challenge" and "like" our school's photo.
- Watch our school raise even more PowerUp Bucks to improve wellness at our school!

Teachers, families, and others can help your school get "likes" and earn *PowerUp Bucks*!

Thank you for taking part in the PowerUp School Challenge! If you have any questions about the Challenge, please contact your school challenge coordinator or

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