

Dear PowerUp Families,

Welcome to the PowerUp School Challenge! Our school has accepted the "Challenge" from Lakeview Health to help our students get more fruits, veggies and physical activity!

**Our whole school is involved in the Challenge.** This week we kicked off the PowerUp School Challenge with a high-energy, 45 minute, Radio Disney assembly. The kids danced, had fun, and learned about how important it is to eat fruits and veggies, and how great it feels to be active! Now, over the next 4 weeks, our students will be "tracking" their fruits, veggies and physical activity on a special *At-School Tracker*. Each day at school students will use stickers to record how many fruits and veggies they ate, and whether they played actively on the previous day. Students will receive a small prize for turning in a tracker each week. Classrooms and lunch rooms will be doing fun activities to encourage more fruits, veggies and physical activity.

### At-home tracker



**Families, you can help our school take the Challenge too!**

This week, your student was given a green PowerUp backpack with resources for your family including:

- **PowerUp At-home Tracker pad.** Just hang it on your fridge (or other magnetic surface) to remind your child to track fruits, veggies and physical activity the days they are not at school. Be sure to send their completed *At-home Tracker* sheets back to school after a weekend, or a day off school.
- **PowerUp Recipe Ring:** This colorful set of recipes and ideas for being active is a great way to get involved in the Challenge! Try a new recipe or activity with your family each week.
- **Each week, you'll also receive more tips, tricks and more information** about how to PowerUp at home and school.

**Families can help earn dollars for wellness at our school.** At the end of the 4-week Challenge, our school can earn \$200-500 *PowerUp Bucks*, based on our overall student participation. *PowerUp Bucks* can be used to purchase wellness items (like balls, jump ropes, food service equipment, or wellness resources). Our 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](http://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!

**AND there's more!** Just visit [www.powerup4kids.org](http://www.powerup4kids.org), for more recipes, activity sheets and ideas for helping to PowerUp your family and our school!

It's a great partnership and we're excited to PowerUp!

*\*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](http://www.powerup4kids.org).*



**LAKEVIEW  
HEALTH**

HealthPartners Family of Care