

DEAR PARENTS AND GUARDIANS:

We are participating in the HealthPartners PowerUp School Challenge this month! The School Challenge has one simple goal – to support student wellbeing and build curiosity around eating better, moving more and feeling good, through fun activities that inspire a lifetime of healthy habits. Plus, our class and school will earn wellness dollars by completing the Challenge!



The PowerUp School Challenge is fun for students to participate in while at school, but why stop there? The PowerUp Family Magazine helps families find excitement and curiosity around fruits and veggies, movement, and mindfulness at home. Students will receive a magazine to bring home, or they can be found online at powerup4kids.org/familymagazine. Want more fun, free resources for your family? Check out the PowerUp website and stay connected by signing up for their email newsletter.



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