

Rosemary Hills Primary School Fitness Stars Program

Dear Parent or Guardian,

Beginning February 8th, your child will be introduced to a program at RHPS called Fitness Stars. Fitness Stars encourages your child to exercise regularly and to engage in physical activity both at home and in school. This program is optional for all of our students.

Here's how the program works. With your assistance, your child will track the activities in which s/he participated on a Fitness Stars Activity Log. Activities can be recorded in 10-minute increments. The goal is to aim for one hour of physical activity each day.

The program encourages children to participate in activities they enjoy, so the following activities are among those that can be counted:

- Playing outside
- Gymnastics
- Skating (ice/rollerblading)
- Bike riding
- Housekeeping
- Soccer
- Baseball/Softball
- Karate or Tae Kwon Do
- Swimming
- Basketball
- Jumping rope
- Tennis
- Bowling
- Raking/gardening
- Walking/hiking
- Dancing
- Running/jogging
- Other activities
- Football
- Shoveling snow

Don't forget to ask your child about gym class, outdoor recess, dancing in music class, or any other physical activity that his/her teacher may have introduced in the classroom. These minutes count, too!

Attached to this letter is an example of a Fitness Stars Activity Form that has already been completed, as well as a blank form that can be filled out and returned to your child's classroom via backpack mail. More blank forms will be available in your child's classroom and on the RHPS PTA web site, and they can take them home anytime. We've included in this packet some other materials that you and your child may find helpful.

Your child can turn in his/her form to his teacher anytime! Once the forms have been received in your child's classroom, they will be given to a PTA volunteer to be recorded in our Fitness Stars database. **As your child achieves five (5) hours of exercise, s/he will be rewarded with a prize.** We also will be tracking total hours by classroom on a bulletin board, and the class that logs the most hours will receive a prize. The first day to log hours is February 8th, and the program will run through March 10, 2010. Final exercise logs **MUST** be turned in by March 12, 2010.

We are very excited about this program, because we know that fostering physical activity at a young age in a positive way can lead to a lifetime of good health.

Sincerely,

Stephanie Warlick
RHPS PTA Health and Safety Liaison
sswarlick@colorworks promotions.com

Anne Jacobs Lieberman
Fitness Stars Co-Chair
annejacobsliberman@yahoo.com