



Home of the Lakers

STIRLING SCHOOL

Box 340, Stirling, Alberta, Canada
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"Respect, Responsibility, and Integrity"

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Outdoor Movement Challenge May 11th- June 12th 2020

Dear Parents and Students in Preschool to Grade 6,

I am so excited to send out a challenge! It is beneficial for mental health and a daily dose of vitamin D to get outside and exercise. I challenge you to get outside and exercise 5 days a week for 30 mins/day. You can choose your type of exercise, it could be biking, running, walking, rollerblading, skateboarding or jumping on a trampoline. Keep track of how many days you have exercised during the week and then report to Rena Proctor by email or text on Mondays by 11:00am. You can't bank hours. If you have exercised for at least 30 mins that counts as 1 day. If you exercise for 1 hr that still counts as 1 day. Anything after the 30mins is an extra healthy bonus of keeping fit and having fun. It does not count if you exercise indoors no matter what the weather is.

Those who have reported by 11:00 am on Monday will have their name entered into a draw for prizes. There will be 4 prizes each week to be drawn at noon. Each day you exercise you get your name entered into the draw for the week for a maximum of 5 entries/person. Then we start fresh the next week.

If you get a minimum of 16 days of exercise then you can qualify for a free small slurpee from the Street Side Market after the challenge is complete.

If you have exercised outside for a total of 25 days then you can get your name in the draw for a final prize of a \$25 gift card to Walmart which will be drawn on Friday, June 12th.

This challenge will begin on Monday, May 11th and be finished on Friday, June 12th. Students can join at any time. But the sooner you start the better your chance of getting 25 days of exercise in. Prizes are only available to those who are registered students of Stirling School in Preschool to Grade 6 but the whole family can participate. Parents please report your child's activity to Rena Proctor by email or Text by 11:00 am on Monday with a name of student and how many times they exercised that week which will be a number between 1 and 5. It has to be outdoors and a minimum of 30mins to count. Then we will Facebook live the draw at noon on Mondays and prizes can be picked up at the school.

Text 5872204483 or email rena.proctor@westwind.ab.ca

Text or email me with any questions. I look forward to seeing you outside exercising and getting fresh air at a socially safe distance.

Rena Proctor

