

January 26, 2017

Dear Parents,

Thank you so much for your interest in the "Stronger, Healthier Kids -- ICS" initiative. This note is to encourage you to allow your child(ren) to participate.

All ICS students are invited to participate in a wellness endeavor called the Stronger, Happier Kids -- ICS program. For a more detailed overview please click here:

<https://vimeo.com/199058095>. This initiative focuses on positively encouraging our youth to move more, eat right, take time to rest and recover, endure challenges and setbacks, and celebrate success with others via positive relationships. Stronger, Happier Kids has been successful at other area schools, and we know that it will be here too.

Students who wish to participate need to register. There is information about this project in "Happenings on the Hill" or you can use this link <https://goo.gl/LqSqVN> to register. When you register your child, you will receive a confirmation email and periodic updates of your child's progress.

There is no fee associated with SHK -- ICS, and we do hope you will take advantage of this opportunity. It promises to be fun and engaging for all to participate. Registration for this initiative closes on Friday, February 17.

Lastly, at the culmination of the SHK -- ICS program, we will be hosting a celebratory 5K and 1 mile Fun Run. This event is called the "Blue Knights Crusade -- 5K". It will take place on the grounds here on St. Mary's Hill on the evening on May 12. Students and parishioners are invited to participate. Although related to and in support of SHK-- ICS, the 5K is a separate initiative and will cost \$20 to participate. Registration for the 5K closes on Wednesday, May 10.

Feel free to reach out to me with questions. I look forward to working with the students on this exciting program.

With kind regards,

Teri Craig