Dear 4th and 5th Grade Parents and Students,

NCS applied and was selected to participate in the NFL Play 60 Challenge! It is a 4 week national program with the purpose of encouraging students to get 60 minutes of physical activity a day. It is an honor to be part of this program. Schools are only allowed to apply/participate once every 5 years.

At the end of the 4 week program, the 25 students (total from 4th and 5th grade) with the most activity logged will be able to go to the Cardinals stadium on 12/13 for a field day! Additionally, we have some other fun incentives:

1) The first place 5th grade class and the first place 4th grade class will have a pizza party the week of 12/5.
2) We are encouraging FAMILIES to get involved as well! We are asking families to post a picture of their family doing something active together on social media with the hashtag #NCSNFLPlay60Challenge. One family with a posted picture will be randomly selected to win a special prize at the conclusion of the program.

Important dates:

Week of 10/31:   Week one of program

Week of 11/7:   Week two of program

Week of 11/14:   Week three of program

Week of 11/21:   Week four of program

Week of 11/28:   PE teachers will calculate total minutes and select classroom winners, social media family winner, and the top 25 students.

Week of 12/5:   Classroom pizza parties

12/13:   PE teacher(s) will take the top 25 students to Cardinals stadium for a special field day event

What do you need to do?

1) Your child will have an activity log booklet in their daily take-home folder. <u>Each night, please log how many minutes your child participated in physical activity</u>. These minutes can include sports practice times, backyard play, hiking, bike rides, etc. Think of this booklet like you would a reading log & <u>make sure it is filled out each night</u>.
2) If your family would like a chance to win a prize, post 1 picture of your family doing something active together on social media. #NCSNFLPlay60Challenge

Thank You,

Mrs. Anderson, Mr. Collins, and Mr. Southall