Hi Everyone,

Once again this year, we will be hosting Falcons’ Fitness Frenzy during the month of February. This is an effort to increase physical activity levels among staff, students and their families. Research clearly demonstrates a link between increased physical activity and learning; therefore, we are hoping you will help promote activity among your students. The three main things that we will be doing during the month include **a fitness calendar for students**, **fitness bingo for classes** and our second **Family Phys. Ed. night.**

1. Fitness Calendar- All students will be given a fitness calendar with physical activities that they can do at home with their families. Please encourage students to do one activity each day. At the end of the month, please collect completed calendars and give to one of the members of the Phys. Ed. team. Students will then have a chance to win prizes.
2. Fitness Bingo- Like last year, each homeroom teacher will be provided with a fitness bingo card (and activity bank) indicating activities that you can do with your students. Homeroom teachers are encouraged to take 5-10 minutes each day and incorporate physical activity. Each day that you complete an activity put an “x” on your bingo card. Classes with the greatest participation will be eligible to win a prize.
3. Family Phys. Ed. Night- This will occur on **Wednesday, February 15 from 6:00-7:30 p.m.** Students and their families are invited to come and try different activities that we often incorporate in our Phys. Ed. classes. This was a great success last year but we need your help! Staff are asked to volunteer to supervise stations. These stations will all be pre-organized and you are basically just there to answer questions and encourage participation. ***If you are able to help with this event, please e-mail Kari or Chris so we can begin to make preparations.***

Thank you for your support in these endeavours!

Kari, Chris & Cheryl