

Dear Parents,

Summer break is right around the corner! To help your child stay healthy and fit this summer, our school is participating in the Speed Stacks **BE ACTIVE 30-Day Challenge**.

Being active this summer can:

- Improve overall health & fitness
- Increase brain function
- Reduce stress & increase self esteem
- Improve daily sleep patterns

The Speed Stacks **BE ACTIVE 30-Day Challenge** is easy to do and fun for the whole family. Taking the challenge is free plus your child can win prizes, including a new iPad!

Here's how it works:

1. Place the **BE ACTIVE 30-Day Challenge** Calendar on the refrigerator or wall. Use this calendar to:
 - a. Track your child's progress and watch their **BE ACTIVE** points add up!
 - b. Set and reach 10-day goals.
 - c. Tally their point totals on the calendar and online every 10 days.
2. Go to www.SpeedStacks.com/BeActive and sign up for the challenge.
 - a. Visit every 10, 20 and 30 days to tally your child's progress.
 - b. They will automatically be entered to win one of 50 prizes.
 - c. Enter their **BE ACTIVE** point totals and track their progress.
3. Complete the **BE ACTIVE 30-Day Challenge**. Enter your son or daughter's points online for prize drawing eligibility! More activity = better chances of winning prizes.

Finally, by participating and registering online at www.SpeedStacks.com/BeActive, our school has a chance to win a \$300 gift card from Flaghouse Sports. We can use this to purchase new PE equipment, so make the choice to support our school and join the challenge.

Stay Active & Stack Fast!