



PARK HILL ELEMENTARY SCHOOL

FIT FOR LIFE

Dear Parents,

More and more media attention is given to prove our society's children are in need of a higher standard of physical fitness. In an effort to encourage a lifestyle of fitness in the Park Hill children, I created a FIT FOR LIFE program.

Each month, in the Friday folder, the children are given a calendar for that month. Their job is to keep a record of after school activities they participate in which will contribute to their overall fitness. They are to fill in each day's box with an activity. On bad weather days, the children can do exercises indoors. I have listed a few examples of activities on the back of this letter beside the calendar.

The children are to return the calendar at the end of the month with their name, room number, and your signature. Children who bring the calendar back completed with at least four activities each week will be members of the FIT FOR LIFE CLUB.

Thank you for your support in helping me motivate the Park Hill children to be FIT FOR LIFE.

Ms. Judy Faught
Physical Education