



Shark Challenge 2015-2016

Our shark challenge will kick off September 14, 2015. It will conclude May 10, 2016. With parent permission, student(s) of Saratoga Shores Elementary, can accept the challenge of exercising to reach 100 miles in the 2015-2016 school year. The miles will be recorded at school and can also be recorded at home. Parents must sign a miles log and turn into the student's teacher. Miles can also be earned at school. If your child is using physical activity such as soccer or other sports, he/she will get 1 mile for every 60 minutes of active play. This goes along with the Fuel Up To Play 60 program that we, as a school, participate in. Students will be awarded a pin for every 25 miles earned and a medal at the end of the school year for reaching 100 miles or more. Below is the acceptance form and miles log. For questions contact Melissa brown at healthymomma99@gmail.com

I _____ (parent or guardian signature)

will be supporting _____ (student signature)

in the Shark Challenge for the 2015-2016 school year.

(Please return this portion to your child's teacher. Thank you!)

Shark log for 50 miles earned at home:

Remember, if you walk or run 1 mile, that equals 1 mile. If you spend 60 minutes biking or playing an active sport, that equals 1 mile.

Each space equals 1 mile. Parents please initial each space. When full, turn into your child's teacher.

Shark log for 50 miles earned at home:

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Each space equals 1 mile. Parents please initial each space. When full, turn into your child's teacher.