

# W.O.W.

(Working on Wellness)

## Putting your Best Foot Forward

Hopefully we are all aware of the realities that childhood obesity is becoming a bigger and bigger problem facing our country today. Kids AND adults are more content to just sit instead of spend the effort or time to be fit. In our fast paced world where everything is instant, we tend to draw towards the "quick fixes" and the miracle cures instead of being disciplined on a daily basis and taking care of the body God has entrusted to us.

At CHCS, we want to work on our whole person. We want to build a foundation to soar, not just academically and spiritually, but physically as well. Our goal as a staff is to give tools to YOU AND your children that can be beneficial throughout life so they can touch more people for Christ and make an eternal difference. Your students have already been learning about how God created their bodies and how important it is for each of us to take care of what God has given us.

One of our goals throughout the school year is for the students to find activities they enjoy doing that they can continue throughout life. We do not want them to think that Physical Education class is where you exercise and then that's good enough. We want some lifestyle and some lifetime habits established so they can continue being "active for life."

Studies show that family members have the most influence in getting people to be more active. 1 Thessalonians 4:11 says "Encourage each other and build each other up." Benefits abound for families who spend time together and work towards the same goal. If for some reason, you only want your student to participate in this program, they will not be penalized, but encouragement from a mom/dad or someone they love does wonders when it comes to being "active." Hebrews 10:24 says "Let

us consider how we may spur one another on toward love and good deeds." I hope this may be one way you would like to encourage and "stretch" yourself this year. We will track our school progress on the bulletin board outside the Business Office. Throughout the school year your student will be given the opportunity to earn various stickers. As we all exercise (in our own way) we will all feel better and be able to Praise God in all we do! Please encourage your students to fill up their charts! The benefits for them, for you, and for others are endless. There are many ways to work on "Putting your best foot forward." We have attached many different forms to make it easier for you to find one that suits your family best. We are looking into making many of the forms available on line for you to download from our website. Please check it out. Thanks for working with us!

Mrs. Marchand and Mrs. Weaver

Opportunities to earn stickers:            MORE WAYS TO COME!!!

Participating in the Fall Hiking Spree

Running in a Community Race

Completing and turning in an "Activity and Nutrition Tracker" for one week

Completing the "Active Lifestyle Activity Log"

Completing and turning in the "Get Moving" or the "Elementary PE" calendar with 3 days a week completed

Completing and turning in a "My Pyramid" worksheet for the week

Tracking your steps with a pedometer (10,000 steps a day for 5 days in 1 week)

Completing at least 3 days of 30 minutes of activity time for the week and turning in the "Activity Sheet"

Completing the Nutrition Nugget Tip (October) called "Our Healthy family" for 1 wk

During P.E. class once a month, pedometers will be worn for the entire gym period and if you meet the goal a sticker will be given.

Classes may also walk laps around the lower playground and get credit for those times too!  
10 laps for a sticker

Classes may earn a sticker for doing an exercise video (indoor recess) 15 min+