

Hey School Leader!

Copy the letter below, add your community details and send to the school(s) in your community to promote the Challenge and explain how they can help your community win.

Month/Day/Year

Dear Principal Name/SCC Chair Name,

Saskatchewan Blue Cross and Saskatchewan *in motion* have challenged communities across the province to go out and play for a chance to win \$10,000 for a project that gets kids out to play. We've registered Community Name!

The Saskatchewan Blue Cross Go Out & Play Challenge runs **March 1 – 10, 2019**. The community that logs the most physical activity online during the 10-day challenge wins the grand prize. We want it to be us!

We need your help to capture the win! Here are five great ways your school can help:

1. Encourage faculty members and students to get moving every day for at least 30 minutes! Remind students to log their minutes of physical activity every day at home with their parents/guardians. **Children under 18 cannot create profiles without parental consent.**
2. Promote the challenge at school with posters, a spot in the school newsletter or the morning announcements. Send students home with the attached letter.
3. Host an active event at school. Why not try a school-wide games day? Play Hide-and-Seek, or head outdoors for some winter fun. For game ideas, go to Push2Play.ca.
4. Open the gym before or after school.
5. Incorporate active brain breaks during the day. To get started check out the *in motion* [DPA Videos](#), the [DPA Manual](#) or sign up to receive the weekly [FITbreak](#) for great ideas for the classroom or take a look at Push2Play.ca!

For more information about the Saskatchewan Blue Cross Go Out & Play Challenge, go to challenge.saskatchewaninmotion.ca.

Let's go out and play to win \$10,000 to get more kids more active more often. Our kids are counting on us!

Sincerely,

Contact Name
contact information

