



Dear Parent/Guardian,

The Prairie Heights Elementary School, in partnership with the Flint Hills Extension District and the Morris County Health Department, will be participating in **Walk Kansas for Kids**, a six-week program, to encourage healthy eating and physical activity. The program will run from **March 23rd** to **April 27th**.

Childhood is a critical time for developing lifelong health habits. Children who are moderately or vigorously active for 60 minutes a day on five or more days a week are found to have higher self-esteem, higher academic achievement, and a decreased likelihood to smoke or use drugs.

The goals of the *Walk Kansas for Kids* program are to encourage physical activity, encourage children to make healthy eating choices, and instill in children the importance of choosing a healthy lifestyle. A weekly activity log will guide youth in their physical activity. A weekly newsletter will also share ideas for involving your family in physical activity and tips for healthy eating. Through their participation, students will be able to earn incentives for returning their weekly physical activity log and meeting goals for minutes of physical activity.

During each week of the program, students will have the opportunity to meet before school on Wednesdays starting at 7:30 a.m. to engage in walking activities with other students participating in the program. These dates will be **March 23rd**, **March 30th**, **April 6th**, **April 13th**, **April 20th**, and **April 27th**.

What You Will Need To Do:

1. Complete the *Walk Kansas for Kids* participation form to verify that your child is in good health and may participate in the program. This form is due to Ms. Reddick by **March 11th**.
2. Encourage your child to be physically active for at least 30 minutes each day outside of the school day. Even though the program is called *Walk Kansas for Kids*, children are not restricted to walking. Any aerobic activity is acceptable and may include roller blading, running, bicycling, swimming, and team sports such as basketball or soccer.
3. Help your child record his or her minutes of physical activity on the weekly log. Sign the log each week and return it on the following Wednesday when your student comes to participate in walking activities. For example, the activity log from Week #1 (March 23rd – March 29th) will be due on Wednesday, March 30th.

Please contact us if you have questions.

Sincerely,

Dana Reddick
Council Grove Elementary School

Brenda Kirk
Morris County Health Department

Chelsea Richmond
Flint Hills Extension District