Calling All Creekers:

'Tis the Season For: Staying active during the winter months especially when the cold weather entices you stay on the couch with a warm blanket...

What? Magic Minutes Challenge

Who? Students in grades K-6

When? January 9th-February 27th

Where? School playground, home, neighborhood, local gym, etc.

Why? In the winter, it is estimated that children burn only half as

many calories as they do in the summer. Not only does

the lack of exercise have a negative effect on their

physical well-being, it also allows kids to store up a lot of unused energy. So, what can you do to use this energy? Participate in our Magic Minutes Challenge and stay

active!

How? Record daily minutes of exercise on the attached chart.

Each month, you will **receive** a new chart in your classrooms to be completed at home for the week. All participants will **return** the completed chart the following Monday, including daily minutes and weekly total. Grade levels with the greatest percentage of Magic Minutes

accumulated in one month will be recognized.

Any questions, please contact Lisa Prendergast via email @ lprendergast@cbsd.org or Kathy Budniewski @ kbudniewski@cbsd.org

"Motivation is what gets you started. Habit is what keeps you going."



What constitutes Magic Minutes each day?



- Walk in the neighborhood or park
- Sports practice or game
- Playing tag, playing hopscotch, riding bike, shoveling snow, raking leaves, gardening or jumping on a trampoline
- Hula-hooping, jump roping
- Hiking, ice skating, rock-climbing
- Dancing
- Push-ups, strength training, interval training
- Running
- Aerobics, Zumba, kickboxing, swimming
- Inline skating
- Yoga
- Tumbling
- Martial arts
- Stretching
- Other....

Studen	January We Magic Min t Name_	utes		January Week #2 Magic Minutes Student Name				
Grade _	Teacher			Grade _	Teacher			
Day of Week Mon	Activity	Minutes	Parent Initials	Day of Week Mon	Activity	Minutes	Parent Initials	
Tues				Tues				
Wed				Wed				
Thurs				Thurs				
Fri				Fri				
Sat				Sat				
Sun				Sun				
Weekly Total				Weekly Total				
January Week #3 Magic Minutes Student Name				January Week #4 Magic Minutes Student Name				
Grade _	Teacher			Grade _	Teacher			
Day of Week	Activity	Minutes	Parent Initials	Day of Week	Activity	Minutes	Parent Initials	
Mon				Mon				
Tues				Tues				
Wed				Wed				
Thurs				Thurs				
Fri				Fri				
Sat				Sat				
Sun				Sun				
Weekly Total				Weekly Total				

February Week #1 Magic Minutes Student Name				February Week #2 Magic Minutes Student Name				
Gra	deTeacher			Grade _	Teacher			
Day of Week	Activity	Minutes	Parent Initials	Day of Week	Activity	Minutes	Parent Initials	
Mon				Mon				
Tues				Tues				
Wed				Wed				
Thurs				Thurs				
Fri				Fri				
Sat				Sat				
Sun				Sun				
Weekly Total				Weekly Total				
February Week #3 Magic Minutes Student Name								
Stu	Magic Minute	es		Studen	February Wo Magic Min	utes		
	Magic Minute	es 				utes		
Gra Day of	Magic Minuted Magic Minuted Mame_	es 		Grade Day of	Magic Min t Name	utes	Parent	
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Day of Week Mon Tues Wed Thurs	Magic Minuted Magic Magic Minuted Magic Ma	es	Parent	Day of Week Mon Tues Wed Thurs	Magic Min It Name Teacher	utes	Parent	
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