

Young School Fitness Week

Dear Parents,

The William E. Young PTO, in partnership with Mrs. Bruin and Mr. Jonaitis, will be hosting our 4th annual Fitness Week. The PTO will also hold its major fundraiser, “The Ultimate Marathon Challenge,” during the week. In the past, Fitness Week fundraising dollars have been used to purchase a rock climbing wall, iPads and Chrome Books, soccer nets and fitness equipment. This year our goal for Fitness Week fundraisers is \$12,000 and the funds raised will go towards purchasing [fitness pedometers for use with our PE teachers, Chrome Books to support our students in this growing technological world, and we’ll be implementing and supporting after school programs open to all students.](#) The Ultimate Marathon and other Fitness Week fundraisers are the PTO’s largest fundraising efforts of the school year and every dollar raised stays right here at the school to benefit Young school programs, students and teachers. This school year we chose to eliminate some of our smaller fundraisers throughout the year, so this event is important to our school!

Need a little incentive to help us reach our goal? This year, if we raise \$12,000, Mr. Szopinski will spend an entire school day ON THE ROOF of Young School! The kids will send him up in the morning and he will remain on the roof until they let him down at the end of the school day! He’ll receive some fun, surprise “visits” from the kids throughout the day as well to keep him on his toes!

Please see reverse side for all the fun and fit ways to get involved in this year’s Fitness Week! Thank you in advance, we greatly appreciate your participation and efforts to support Fitness Week activities and fundraisers.

**LET’S WORK AS A TEAM TO GET TEAMWORK
MR. SZOPINSKI UP ON THE ROOF! MAKES THE**



Sincerely,
William E. Young PTO
Mrs. Bruin, PE
Mr. Jonaitis, PE

Fitness Week Highlights

Weeklong Activities

Health and Fitness Score Card – Students will receive a card with a list of healthy activities to complete throughout the week and return to school on Friday, May 22nd to earn a ticket for the raffle prize drawing.

Penny war's - A favorite with students! Classes will compete for the most change brought in. Paper bills will count as negative money in another classes jar! The class with the most money at the end of the week will be soaking Mr. S with water balloons while he's on the roof!



Healthy Lunch Challenge – To encourage our students to eat a healthy lunch, each student that EATS a fruit or vegetable at lunch will earn a raffle ticket each day.

Brain Gym – Everyone will start their school day off with a quick, in class workout. Getting the heart going gets the brain going!

Fun health and Fitness Facts – Each morning a health and fitness trivia question will be asked during morning or afternoon announcements.

Wednesday — May 20th

Ultimate Marathon Challenge – Students will collect pledges, set personal goals and run through a course with various fun hurdles and challenges. Students can help raise funds by asking family, friends and neighbors to sponsor them with a flat pledge. Parents and younger siblings are welcome to attend and bring posters, noise makers, etc. to cheer on their children.



Thursday — May 21st

After School Ultimate Health and Fitness Fun Event - Stay after school for some fun, fit games! We'll be playing Human Hungry Hippo's, Frisbee Tic-Tac Toe, Human Foosball and more!

