

Saratoga Shores Shark Challenge

Welcome back to our fourth year of the Shark challenge. Our program encourages children to be active throughout the school year with our ultimate goal being a lifetime love of being healthy and active. The program encourages your child to earn 100 miles or more if they'd like throughout the school year. They log miles as a class while at school if they choose to walk a few laps at during recess or lunch. You may also log at home as a family. Your child can count any sports activities or outside play 60 minutes= 1 mile. At home students and parents are encouraged to log their miles, they will then turn their log into their teachers once a month. At the beginning of the month we will have our monthly character assembly where the students will receive a pin once they have reached the goal of 25, 50, or 75 miles. At the end of the school year we celebrate our 100 mile earners with a medal and awards ceremony.

The Shark Challenge will kick off this year on August 28th and conclude for the year on April 27th. To keep our students motivated and inspired we bring guests from our community on the 1st and 3rd Friday of the month as their schedules allow. They walk and play with the kids and serve as an example of everyday fitness. Parents are always encouraged to join us when our guests come or any day that works to come out and be on the playground with the kids.

Below is a home log to track miles that can then come back to your student's teacher. Simply initial each square which counts for 1 mile and send it back to your students teacher they will log your students' progress. All of this information is on the school website. If you have any questions please contact Melissa Brown at healthymomma99@gmail.com

