Manawa's Movin' and Munchin' Frostbite Club 2010

We are pleased to announce another year of the Manawa's Movin' and Munchin' Frostbite Club! The program will begin Monday, February 15th and will run for 6 weeks. We will have a special Olympic kick off event on Wednesday, February 10th with Olympians Casey Fitzrandolph and Suzy Favor-Hamilton. This exciting event will start at 1pm at the Little Wolf High School Gymnasium—all community members are welcome! After school on that day, Casey and Suzy will be on the elementary school playground for our Dreambikes round up. If you have a used bike (any condition) that you would like to donate, bring it between 3 and 4pm and meet Casey and Suzy!

How do I accumulate movin' and munchin' miles?

Every 20 minutes of activity will earn you 1 Movin' Mile (you'll earn 2 movin' miles if you are playing OUTSIDE!) You can also rack up miles for making healthy eating choices, spending time with your family and for volunteering. Examples of volunteering are: helping a neighbor with chores (snow shoveling, cleaning their house), helping to stock shelves at the food pantry, or spending time at the nursing home. There are many more ideas!

You will be given a chart to log which activities you do and how many Movin' and Munchin' Miles you have earned. At the end of the week, total your points and hand in your log to your phy ed teacher. Your phy ed teacher will document Movin' Miles on the Manawa's Movin' charts so that you will be able to see your progress. **YOU ARE RESPONSIBLE FOR TURNING IN YOUR LOG- MAKE SURE THAT IT GETS TO YOUR PHY ED TEACHER EACH WEEK- NOT AT THE END OF THE PROGRAM.**

Once you have completed 250 miles (that is about 6 movin' and munchin' miles per day), you will receive a long sleeved t-shirt for participating in the 2010 Movin' and Munchin' Frostbite Club. There will be incentive prizes given when you hit 100 (stretchy gloves) and 200 (your choice of either a frisbee or a water bottle) miles, too!

Logo Contest: *We are looking for a creative design for this year's Manawa's Movin' and Munchin' Frostbite Club t-shirt. Please use a regular sized (8 x 11) sheet of paper. The design should include the words:* ***Movin' and Munchin'*** *-the rest is up to you. (Remember to put your name and grade on the back of the paper!)The winner will receive a Manawa Wolves hooded sweatshirt. Get your ideas to the school office no later than* ***Friday February 5th****. The winner will be announced by Casey and Suzy at our Movin' and Munchin' Frostbite Club kickoff event.*

If you are interested in joining Manawa's Movin' and Munchin' Frostbite Club 2010 please fill out the permission slip on the bottom. **Please have permission slips in by Thursday, February 11th.**

_____Yes, sign me up for the Movin' and Munchin' Frostbite Club 2010!!!!!

Name_____ Grade_____ Teacher_____

T-shirt size: Please circle the appropriate size for your child:

Child small (6-8) medium (10-12) large (14-16)

Adult small medium large x-large xx-large

Parent Signature _____