



Hi Humphrey Marshall family,

I hope your family is safe and healthy in the midst of the ongoing COVID-19 developments. It's important for me – personally and professionally – that our students are taking care of themselves during this difficult time.

While the school closures are necessary to ensure the safety of our children, families and community, I can't help to be genuinely concerned about the students' missed school activities and valuable time spent with one another, including our Kids Heart Challenge. As I'm sure you know, we can't kick the challenge off in person. However, we can virtually share resources to keep your kids active and busy at home.

I'm thrilled to share that the American Heart Association is providing our school with a two-week virtual experience that pairs with **Kids Heart Challenge** and encourages families to engage in 30 minutes of heart-healthy activity or learning from home. It's called **Kick Cabin Fever to the Curb**. We will be kicking off this 10 day challenge this upcoming **MONDAY, APRIL 6TH**, so please keep your eye out for an email from me on Monday morning! You will be receiving a link to the "Kick Off Video," along with the Day 1 challenges. Here is a sneak peak of the 10 Day Challenge – [CLICK HERE](#)

This 10 day challenge will keep our students connected and help reduce stress and anxiety while staying physically active and helping our community. Daily emails will offer home activities, kid-friendly recipes and tips for parents to keep mental health and physical activity a priority. We are focused on the safety of your child. At the same time, keeping kids on the move and eating nutritious foods is extremely important to our students' heart health. Over the next 10 days, your family can join in the following activities:

Day 1 Everybody Dance Now 	Day 2 Know Your Heart 	Day 3 Finn's Missions 	Day 4 Jump Around 	Day 5 Connect the Dots 
Day 6 Think FAST 	Day 7 Heart-Healthy Meals 	Day 8 Game Day 	Day 9 Playing with Gratitude 	Day 10 25 Ways to Move 

The goal is to continue with planned activities to ensure consistency, while adjusting to school closures. This activity can help your child contribute to the health of our community and could serve as a welcome distraction to maximize the at home time by keeping kids active, having fun and raising funds to support lifesaving research.

If your child is registered for Kids Heart Challenge, we're eager to share this new virtual challenge with you and your family. If they're not yet registered, it's time to log in to [Our SCHOOL PAGE](#) and get excited about the fun, family-focused challenge.

From your favorite PE Teacher,
Mr. Jacobs



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