



HOME CHALLENGES

Fun in the Sun with Vita-Man D **Copy for School Health Facilitators/Champions**

The *Fun in the Sun with Vita-Man D* home challenge is for students and their families to participate in healthy, safe fun in the sun. It works well in conjunction with the *Fun in the Sun with Vita-Man D* monthly campaign.

Get staff onboard to engage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a schoolwide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity for their students. Each student will require the instruction/tracking sheet for parents that needs to be filled out for 2 weeks (attached).

Email for SHF/SHC to send to staff

Please personalize as you see fit.

Hello **(School name)** staff,

This challenge was designed to encourage families to spend time embracing healthy and fun outdoor activities while practicing sun safety. The objective is to challenge families to complete a list of outdoor activities within two weeks.

All you need to do is:

1. Read through the home challenge parent instructions/tracking sheet (attached) to get familiar with it.

2. Explain the activity to students and give them each a parent instruction/tracking sheet to take home.
3. Remind students to participate throughout the 2 weeks and have fun with the challenge.

If you distribute the materials on a Monday, then students should return their tracking sheet 2 Mondays from then, with as many activities completed as possible.

At the end of the challenge, collect completed and initialed tracking sheets from your students. Encourage participation -- if more than half the students in your class take part in this initiative by returning their signed form to you, the class will be rewarded with (extra recess time, dance party, healthy food celebration).

And remember to have fun!