

Dear Parents and Guardians,

Our school theme this year is “Healthy Educated Students.” Each month we will feature a different way to become a healthy, well-rounded Ranger. On Friday, October 2nd, we will kick off this month’s theme, Physical Health, with a school-wide **Ranger Move-It Walk!** Students will complete fun laps during their special’s time in order to earn a backpack chain and their first Healthy Educated Student charm.

Each month’s take-home activity will give students another opportunity to earn another charm with your help! We will focus on many areas of health and wellbeing including nutrition, creativity, literacy, friendships, and more.

Please find attached your first monthly log entitled “Ranger Move-It Minutes.” Help your students record their active minutes, sign the log when completed, and return to school by Friday, November 6th. This activity log can be turned into any special’s teacher (P.E., Computer, Library, Music and Art). Once the completed and signed form is received, your student will receive their October charm – a colorful shoe!

We have discussed with your student how to be responsible with their chains and charms. Please note that due to the limited supply, we are unable to replace lost or broken chains and charms. Some replacements will be made available for purchase at the school Ranger store using student Ranger Dollars.

We are excited to explore and practice different ways to be healthy this year! Help us be H.E.S (Healthy Educated Students) at HES (Hamilton Elementary School)!

Sincerely,

Specials Team
Hamilton Elementary School

