

Sallye Moore Parents,

Students throughout the metroplex are taking the 21-Day Challenge. The 21-Day Challenge encourages students to make healthier choices for the next 21 days. They will prepare and eat a healthy snack that contains a fruit or veggie for 21 days. You may choose from the recipe book they received, use Healthy Snack Finder tool to search in the website, or create their own using a fruit or vegetable. To participate, parents must go to the website [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com) and click on Sign-Up. Choose the box "Sign-Up a student" and follow the directions. You will receive a unique 8-digit registration code when you sign-up. Write your secret code on the Snacking Log found on page 45 in the recipe book. Two weeks after you finish the challenge, they will send you an email link to the survey along with your Secret Code. You will receive separate emails for each child that you register. You will enter the unique code on the survey form. This is also how your child receives his/her prize after completing the final survey. Any student completing the challenge and taking the survey will receive a prize

This year, they are challenging each school to have at least 40% of the students sign up and complete the challenge including the survey. If we have at least 40%, we will earn a \$500 gift certificate. I will spend that money on new P.E. equipment. We cannot do it without your help. We need at least 220 students to sign up. If they participated last year, they will earn a different prize. For our school to get credit for your child participating they must complete all 3 steps.

**I will be in the gym on Thursday, September 28<sup>th</sup> at 5:30-7:30, with computers to help sign up your child.**

**Step 1:** sign up by October 9th. (Go to the website [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com)) You can use any device that you can receive email on.

**Step 2:** Eat a healthy snack that includes a fruit or vegetable for 21 days.

(October 9<sup>th</sup> – 29<sup>th</sup>)

**Step 3:** Complete the survey. If you do not complete the survey, then it will not count for our school and you child will not receive a prize for completion.

(November 13<sup>th</sup> – 19<sup>th</sup>)

Sallye Moore College & Career Preparatory Academy can only win with your help. Thank you for helping us to compete in the 21-Day Challenge.

Mary Henz

Physical Education Teacher

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Please fill out and return to Mrs. Henz. She will return this for you to complete the survey for Step 3.

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Student's Homeroom Teacher \_\_\_\_\_

Student's secret code \_\_\_\_\_

Go to: [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com) to complete the survey by November 19<sup>th</sup>.

*Thank you.*

*Mrs. Henz*

*Physical Education Teacher*