

**“Project ACES - Active Children Excel in School”**  
**Cool School Challenge**  
**October 4<sup>th</sup> to October 17<sup>th</sup>, 2010**

Dear Parents and Guardians,

The Linton Springs P.E. and Health teachers are collaborating with the Carroll County Health Department to promote healthy living and physical fitness. **“Project ACES - Active Children Excel in School”** is a two-week challenge that encourages students in Kindergarten through Fifth Grade to be more physically active, improve their health, increase their energy level, and improve their performance in school. This year, Project ACES will take place from **Monday, October 4<sup>th</sup> - Sunday, October 17<sup>th</sup>**.

The goal of this challenge is to have students perform at least 60 minutes of physical activity each day for two weeks. The students have been introduced to Project Aces in Health and P.E. classes. We are asking all students to staple their logs in their SOS books, perform 60 minutes of exercise each day, and record their specific exercises and minutes in their logs (younger students may need help recording their activities). Physical Education and recess may be included as part of their exercise.

**Students are to have their logs completed, signed by a parent or guardian, and returned to school by Monday, October 18<sup>th</sup>.** As an added incentive to participate, all children who turn in a completed log will be entered in a L.S.E raffle for random prizes donated by our PTA, teachers, parents, and the Baltimore Ravens! Prizes include games, sports packages, a boy’s and girl’s bicycle, and many other gifts. To earn extra raffle tickets, family members are encouraged to exercise and complete additional logs. Every additional log counts as one extra ticket for your child. Linton Springs could also receive \$200 if we earn “Gold” status (80% participation or higher). Once again, your child must complete at least 60 minutes of exercise **everyday** from Oct. 4<sup>th</sup> - Oct. 17<sup>th</sup>, **and** your child must fill in the exercise log with a parent signature. If you have any questions about this challenge or if you need an extra log, please contact the P.E. teachers. Last year, Linton Springs earned “Gold” honors and finished among the top 3 schools in the county. We had 84% student participation of which 98% met the goal of 60 min. of exercise per day! With the support of parents, students, faculty, and administrators, we can aim even higher this year!

Thank you for your support,

Mrs. Zepp, Mrs. Tozer, & Mr. White

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\_\_\_\_\_ I would like to donate a prize for the Project ACES raffle

\_\_\_\_\_ Prize donation

\_\_\_\_\_  
Name

\_\_\_\_\_  
Child’s Name and Teacher

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Prize Donation

\_\_\_\_\_  
Email address

**Prizes must be delivered by Friday, October 29<sup>th</sup>. Any prize value is acceptable and greatly appreciated. Prizes must be appropriate and acceptable for elementary aged school children.**