

# Kids Heart Challenge

Hi Sherwood families!

I hope your family is safe and healthy in the midst of this uncertain time. It's important for me to know our students and their families 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 opportunities from school activities, to community and social events, to valuable time spent with one another.

Our partners at the American Heart Association have provided our school with a new 10-day virtual Kids Heart Challenge program to keep the fun going while we're now transitioning to online learning.

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:

1. DANCE
2. KNOW YOUR HEART
3. COMPLETE FINN'S MISSIONS
4. JUMP!
5. CONNECT THE DOTS
6. KNOW THE STROKE SIGNS
7. TIME TO COOK HEALTHY!
8. GAME DAY
9. SLAM DUNK! BE GRATEFUL
10. MOVE MORE

If your child is registered for Kids Heart Challenge, we're eager to share this new challenge with you and your family. If they're not yet registered, it's time to register [here \(it's free\)](#) and get excited about our fun, family-focused challenge. To receive the emails, you'll need to register online so that we have your email address. I'm excited to see all the challenges and how you can implement them!

With a thankful heart,  
Mrs. DeLena

**Here is a welcome video that will explain how the challenge will work..**

<https://youtu.be/l0EfcEqCNYA>