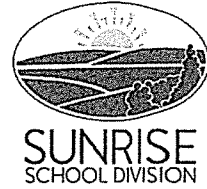


École Dugald School

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Telephone 1-204-853-7929 Téléphone
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Ms. Christine Fetterly
Principal / Directrice

M. Chris Gusberti
Assistant Principal / Directeur-Adjoint

Dear Parents and Families,

With the upcoming closure of schools, it is important that students are still active during this time. We would like to see a minimum of 1 hour of physical activity per day. Attached is a calendar to map out your physical activity goals for the month along with an activity tracker that needs to be signed and submitted upon return to school.

Activities can be whatever your child is interested in as long as they are in a moderate to vigorous zone of exertion (students know what this means).

Activities may include :

- Walking
- Biking
- Snow Shoeing
- Running
- Tag games
- Wii Fit

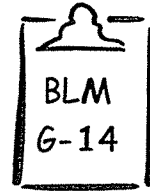
If you need some assistance with ideas to help keep your kids active during this time, please visit the athletics portion of our school website. Here you will find a list of links for a variety of activities and videos for them to follow.

<https://sunsd-ecds.scholantisadmin.com/apps/sections/ATH>

Dana Walmsley & Amanda Devion

S.2.7.A.1a
K.2.8.C.2
S.5.8.A.3a
S.5.8.A.3b

Active Living Calendar



Name _____ Class _____

This month my activity goal is _____

Month of: _____

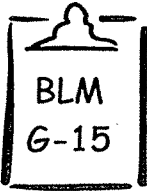
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Student Signature _____ Parent/Guardian Signature _____



S.2.7.A.1a
K.2.8.C.2
S.5.8.A.3a
S.5.8.A.3b

Active Living Log



Name _____ Class _____ Date _____

Date	Activity	Intensity* 1, 2, 3	Duration

- * Intensity
- 1 Slightly increased breathing
 - 2 Increased heart rate and breathing
 - 3 Increased heart rate, breathing, and sweating

Parent/Guardian Signature

