



## 2009 Governor's Health Bowl!

Dear Alki Elementary parent/guardian,

It is that time again to start logging miles for Alki's team in the Governor's Health Bowl Challenge! The Governor's Health Bowl, a statewide competition to generate 6 million miles at [HealthiestState.org](http://HealthiestState.org), begins on September 18. The six week challenge encourages friendly competition around holistic health: Miles are earned for more than just physical activity! More than 400 state schools will be engaged in a statewide competition. The top three schools will be rewarded with a special recognition dinner at the Governor's Mansion. Every participating student will be rewarded!

Last year Alki came in 1<sup>st</sup> place out of all the participating elementary schools and we are hoping to create a large team again this year! We need your help! Parents can help us earn more miles and compete against the other 400 schools across the state by joining the Healthiest State in the Nation Campaign as Individual supporters—called "Champions." As Champions, parents can affiliate with Alki Elementary and help us accumulate more miles. Champions can take advantage of the FREE perks of joining the Campaign at [HealthiestState.org](http://HealthiestState.org). Find resources such as healthy recipes, quiz questions and a free tracking system for logging your daily physical exercise, nutrition, water intake and much more.

Watch for it! Your child will be sent home with a health tracker. Students at Alki will keep track of their exercise and nutrition at home on this tracker and turn it in to me at the end of the 6 week challenge. This is how students will contribute miles for our team.

Some walk. Some run. Some jump rope or skip home from school. Whatever your kids do best, make it count by taking an active role in the 2009 Governor's Health Bowl. With every step, Washington comes one step closer to becoming the Healthiest State in the Nation—Washington currently ranks 10<sup>th</sup>.

Make exercise a family affair. **Join your special student and Alki Elementary by logging your miles in the Healthiest State in the Nation Campaign!**

*How can you get started? Log-in today – it's fun, easy and free!*

- Go to [HealthiestState.org](http://HealthiestState.org), and click on "Health Trackers" in the top navigation bar.
- Find "Don't Have an Account" and click create one. **IF YOU WERE ON THE TEAM LAST YEAR JUST LOG IN WITH YOUR EMAIL AND PASSWORD** (if you can't remember your password click recover it).
- "Log-in" as an "**Individual Champion**" with your email address and then complete your profile and click submit.
- Next—scroll down the list of Participating Organizations. Click on the name **Alki Elementary**. **(IF YOU WERE ON THE TEAM LAST YEAR, go to My Organizations from your home page and then scroll down to click on the name Alki Elementary on the list of participating organizations).**
- Select Alki Parents and Community Members team and then click "Save" so that all your miles roll up to the School's total.
- Then return to [HealthiestState.org](http://HealthiestState.org) at your convenience to track your physical activity, healthy eating, water, sleep and monthly goals. You can log your miles from your homepage under MY TRACKERS.

**Join and start logging your miles today! Here's to Washington's health!**

**Please let me know if you have any questions. I will also be available on curriculum night to sign parents up that are interested in joining Alki's team.**

Thanks for the support,  
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