

please join us and get active !

Dear Parents/Guardians,

During the month of February our school is invited to participate in The Great Prairie Race. This activity is organized by the Northern Lights Movement for Kids. Your child's participation outside of school is completely voluntary. The goal is for youth to connect by learning about each other's communities through fitness and a virtual meeting. Throughout the month of February, classes and/or whole schools from across the prairie provinces (AB, SK, MB) are invited to get in motion and see how far they can move as a combined effort. For example, participants can choose to walk, run, wheel, skate, snowshoe or cross-country ski. Each time they move, they keep track of their distance covered and add it up as a group.

Attached, you will find a tally sheet. All we are asking students to do is to write down the approximate number of kilometers spent doing any physical activity. (If your child is playing a sport such as hockey, you can estimate the distance.) If possible, please send in the tally sheet before February 26. The sheet can be returned to the classroom teacher.

If you would like more information, please check out the following website:

**Northern Lights Movement For Kids**

<https://northernlightsmovementforkids.ca/get-involved/great-prairie-race/>

If you would like to share your journey, distance travelled, and connections made along the way, please use the following tag:

#greatprairierace

If you have any questions or if you prefer sending the tally sheet by email, please contact me at \_\_\_\_\_.

Thank you!