



**commit to be fit**

## **Student Wellness Activities**

# **PARENTS' GUIDE**

### **Dear Parents**

During the mandatory school closure, as ordered by the Governor in response to COVID-19, Commit to Be Fit (C2BF) will be offering wellness-related activities for students while out of school. Each week we will release a series of activities for students to try at home. Our goal is to help reduce screen time for students, while promoting wellness-related learning opportunities through fun, engaging exercises and challenges.

### **GOALS**

-  **Increase wellness-related learning opportunities through fun challenges**
-  **Decrease screen time while at home**

## How It Works

- 1** Download and **print the scorecard** for each of your children.
- 2** **Log on to our web page weekly** to view the activities and share with your child.
- 3** **Encourage your child/children to participate in a different activity daily.**
- 4** On the scorecard, have your child **keep track of the number of completed activities** by coloring in a rung on the ladder for each activity completed.
- 5** Once students return to school, have them **turn in their completed scorecard.**

**Promoting  
student  
wellness  
amidst the  
school closure**



**ABOUT COMMIT TO BE FIT:** Commit to Be Fit (C2BF) is a school sponsored, grant funded program in Rappahannock County, Virginia. Through the amazing generosity of the PATH Foundation, Commit to Be Fit was created to help promote healthier lifestyles for students, staff, and county residents/employees. All classes, workshops, and events are free of charge and held at the Rappahannock County Public Schools. For more information, visit our website at [www.rappc2bf.com](http://www.rappc2bf.com) or contact Holly Jenkins at [hjenkins@rappahannockschoools.us](mailto:hjenkins@rappahannockschoools.us)



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