



Centre Elementary School

53 Winnacunnet Road
Hampton, NH 03842
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Timothy J. Lannan, Principal

September 2017

Dear Grade One and Two Parents,

During PE class your child is being encouraged to increase his or her physical activity outside of our weekly physical education class. Daily exercise is critical to having a healthy lifestyle. School age children need a minimum of sixty minutes of exercise each day. In order to link our school goals to home, we would like to continue our "Toe Token" reward for exercise program that we have been using.

We will give children in grade one and two a chance to earn one "toe token" per month for completing three hours of exercise outside of school. When your child has completed their three hours, you can sign and return the form below to your child's classroom teacher. "Toe tokens" will be given out in PE class when the completed forms are received. The three hours of exercise does not have to be all of one type of exercise and it does not have to happen all at once. There is no deadline for the return of the forms. We will begin this program with the month of September. Please remind your child that we are not able to give out more than one token each month even if they lose their token. A note written by parents to verify hours will be fine if you would rather not return the form below.

I will send home exercise calendars with suggested activities that can be enjoyable exercise for your whole family. This calendar will come home on the back of the monthly "Toe Token" letter. We know that increased physical activity can combat a host of health problems facing children today as well as being plain fun! Thank you for working with us towards this valuable goal.

Sincerely,

Meg Coren
Physical Education

September 2017
Gr 1 & 2

PARENT VERIFICATION FORM

Student Name _____

Classroom Teacher _____

Type/s of healthy exercise done for 3 hours _____

Parent Signature _____

Please have your child return this form to the classroom teacher. Thank you. OVER