

Get Moving



Whitley!



CHALLENGE GUIDE

2024

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Get Moving Whitley! is adapted with permission from Healthy Futures Alaska.



CONTACT INFORMATION

Staff Contact

Trish Thomas
Health Educator
Whitley County Health Department
Cell: 606-765-7520
Trisha.thomas@whitleyhealth.org

Web Links

Website: www.whitleyhealth.org/getmoving
Facebook: www.facebook.com/getmovingwhitley



ABOUT GET MOVING WHITLEY!

Who is Get Moving Whitley?

Get Moving Whitley is an initiative of the Whitley County Health Department. Adapted with permission from Healthy Futures Alaska, Get Moving Whitley works to empower youth to build the habit of daily physical activity through core programs, such as the Activity Log Challenge and supporting community physical activity events.

How do I get started?

This is a step-by-step guide to participating in the Get Moving Whitley Challenge. The guide includes our contact information if you have any additional questions.

If data is not received by the deadlines listed below, your school will not receive that month's incentives.

2024 Challenge Dates

Challenge Month	Students Return Completed Logs to Teacher by:	School Coordinator or Teachers Enter Students' Participation into the online database by:
Spring Challenge		
February	March 4, 2024	March 8, 2024
March	April 1, 2024	April 5, 2024
April	May 6, 2024	May 10, 2024
Fall Challenge		
September	October 7, 2024	October 11, 2024
October	November 4, 2024	November 8, 2024
November	December 2, 2024	December 6, 2024



CHALLENGE OVERVIEW

How does this work?

Welcome to Get Moving Whitley Challenge! Our goal is to increase the number of PK-6 students participating, as well as increase the average number of logs per student. Students and schools with high rates of participation will be eligible for prizes. The fall Challenge is September, October, and November. The spring Challenge is February, March and April.

Each month of the challenge period, you give students an Activity Log (downloadable at www.whitleyhealth.org/getmoving) with a deadline for returning them to you. Students complete the Activity Log each month and return the log to you. You will enter the student information into the online Get Moving Whitley online database (see Table of Contents). You then award the students who completed the Activity Log with an incentive provided by Get Moving Whitley!

Empower youth to build the habit of daily physical activity.

What are the incentives for participation?

In an effort to encourage students' habit-building, we incentivize them to complete all six logs in a year. Students receive a monthly prize, but we hope they'll be motivated to complete as many logs as possible to increase their odds of winning their school's grand prize.

- Each month students will receive a monthly incentive (a bracelet, a neckerchief, or a fidget toy) - plus a raffle ticket to place in a raffle box for a grand prize at the end of the year.
- You'll draw one ticket at the end of the year (one winner at each school!), and that student will choose from a menu of items including a disc golf set, spike ball, ladder ball, and Get Moving Whitley! hoodie.
- At the end of the year, coordinators whose schools have participated every month and have had at least 20% participation in both the Spring and Fall Challenges will be entered in a tablet drawing.

How do I let Get Moving Whitley know who participated?

Our online database was designed to streamline the process of requesting incentives. Please review the instructions (see Table of Contents). Initially, you will need to enter each participating student's name, but then will be able to roll the names over from challenge to challenge.

You should enter your students' participation using the Get Moving Whitley! online database after the end of each challenge month by the deadline.



What can my school win?

Schools serving PK-6 in each tier will be recognized with a banner for 1st, 2nd or 3rd place. Tiers are based on the population of the school: Tier 1 is 401 or more, Tier 2 is 201-400, Tier 3 is 41-200, and Tier 4 is 40 or less. In the event of a tie, the school that submits its database first will be ranked highest.

Within each tier, the top three schools with the highest percentage of participation will be recognized with placement based on the average logs per participant calculation. Schools must update their current enrollment number in order to be eligible for prizes.

Is there a grand prize for students?

Yes! One student from each school will be drawn for a grand prize at the end of the school year! Each month, you'll drop the qualifying students a raffle ticket in the box and distribute the incentive. Make sure to write their name on the ticket and drop it in your school's provided raffle box. Students who complete more logs will have more chances to win!

At the end of the school year, you'll draw one student's name, and that student may choose from a menu of prizes that includes fun yard games and a Get Moving Whitley! hoodie. We encourage you to publicly award the grand prize and promote it in an effort to encourage enthusiasm around the Challenge and getting active.

What counts as a qualifying log?

Qualifying logs must show at least 60 minutes of physical activity during a day, for at least 15 days of the month. Students can count their active time during PE class and recess. This helps students get closer to the national recommendation of 60 minutes of physical activity every day for good health.

While it is healthiest for physical activity to be distributed throughout the month, the 15 days can occur in any pattern during the month and count toward a qualifying log.

The good news is that your students can spread out their 60 minutes of activity during the day. They can even break it up into smaller chunks of time during the day — as small as 10 minutes at a time of moderate to vigorous effort. For example, it could be 20 minutes of active time during PE class, 20 minutes during recess, and 20 minutes of playing tag with their friends after school. On a weekend, it could be a 60-minute hike with their family.

What can I do to help?

You can help by registering your school to take the Challenge and discussing ideas with your students on ways they can be physically active. The decision to continue the incentive-based Activity Logs is based on the level of participation, available resources, and your feedback.



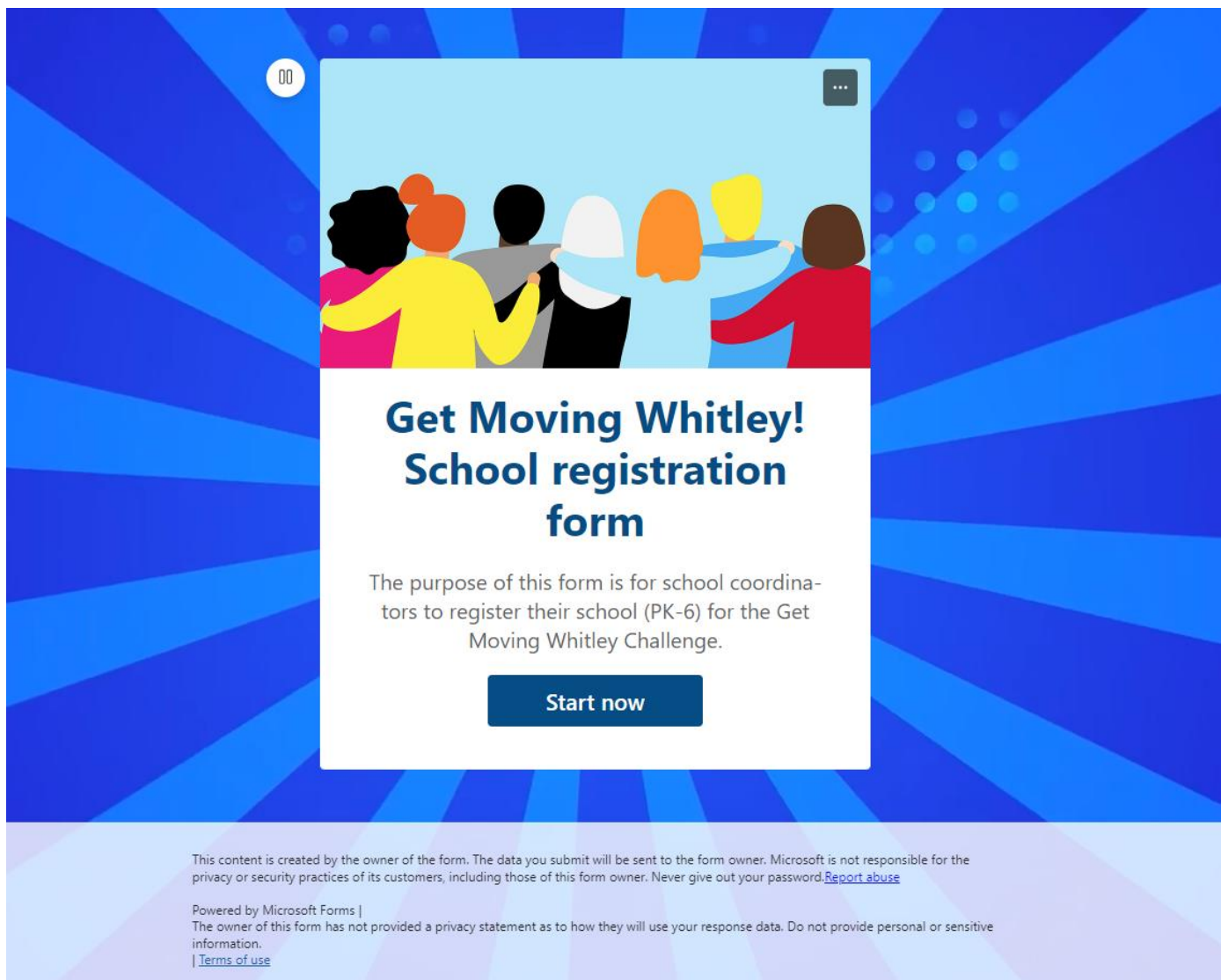
GET MOVING WHITLEY DATA INSTRUCTIONS

Get Moving Whitley tracks student participation. All the tracking must be complete in order for your students to receive incentives and be eligible for the grand prize drawing. The data is an important part of our evaluation process and funding of the program.

If you have any questions or need assistance with data tracking, please contact us. You may request a visit or a call to get started or to answer any questions.

Register Your School

Complete the form at <https://forms.office.com/r/ZYhZWhLkx4> to register your school. Each school needs one coordinator to be the point of contact. Your school coordinator should complete the registration. The email address for your school point of contact is the main way we will communicate with you about incentives and program information.



Get Moving Whitley!
School registration form

The purpose of this form is for school coordinators to register their school (PK-6) for the Get Moving Whitley Challenge.

[Start now](#)

This content is created by the owner of the form. The data you submit will be sent to the form owner. Microsoft is not responsible for the privacy or security practices of its customers, including those of this form owner. Never give out your password. [Report abuse](#)

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Access School Tracker

When we receive your school's registration we will create a tracker for your school. Only you and the program coordinator will have access to your tracker. You will receive an email with a link to access the tracker. Microsoft will require two factor login. Bookmark the link so you can return later to enter more data.

Add Student Information

Once you are signed in, you can click "Add a new item" to enter a student in a pop-up window or you can click "Edit in grid view" to enter students as if you were entering into a spreadsheet. You will be required to enter the student's first and last name only once, the first time they complete a log.

Your entries are automatically saved. You can sort by any of the columns by clicking on the down arrow next to the column name. You can also filter as needed from that same dropdown menu. To edit an entry or add a future log, double click on the name. You can download your list by clicking on "Export" at the top. Do not make other changes to the tracker.

The screenshot shows the Microsoft Lists interface for a list named "GMW Student Tracker". The header bar is purple and contains the Microsoft Lists logo, a search bar, and a toolbar with buttons for "Add new item", "Edit in grid view", "Undo", "Share", "Export", "Automate", and "Integrate". Below the header, the list title "GMW Student Tracker" is displayed with a star icon. The main content area shows a table with columns for "Student F...", "Student L...", "Teacher L...", "Log 1", "Log 2", and "Log 3". Each column has a dropdown arrow. The first row of data shows "Example" in the first three columns, and "Complete" buttons in the last three columns. The "Complete" buttons are colored blue, green, and orange respectively.

Student F...	Student L...	Teacher L...	Log 1	Log 2	Log 3
Example	Example	Example	Complete	Complete	Complete

SAMPLE PARENT LETTER

Dear Parents,

Welcome to the new school year! I am looking forward to working with you and your child, and I'm pleased to announce our school will be participating in the Get Moving Whitley! Challenge this year.

The contest will run for three months, [insert names of months].

What is Get Moving Whitley? An initiative of Whitley County Health Department, Get Moving Whitley! is a movement to help youth build positive, lifelong physical fitness habits through two core programs: the Get Moving Whitley Activity Log Challenge and the promotion of youth attendance at local recreational events.

Why Get Moving Whitley? Kids are not as active as they should be. They need daily vigorous physical activity to build strength, endurance, healthy muscles, and bones or they may face tough problems like obesity, diabetes, and lower self-esteem. At [name of school], we are committed to helping students develop the skills, knowledge and desire they need in order to be physically active now and for the rest of their lives. Parents and the community also play a critical role in the solution for healthier, active children by providing motivation, encouragement, and daily opportunities for recreation beyond the classroom.

How does your child participate in Get Moving Whitley? With your assistance, your child records physical activity on the Get Moving Whitley Activity Log. Qualifying logs must show at least 60 minutes of physical activity during a day, for at least 15 days of the month. Students can now count their active time during PE class and recess. While it is healthiest for physical activity to be distributed throughout the month, the 15 days can occur in any pattern during the month and count toward a qualifying log.

The good news is that your students can spread out their 60 minutes of activity during the day. They can even break it up into smaller chunks of time during the day — as small as 10 minutes at a time of moderate to vigorous effort. For example, it could be 20 minutes of active time during PE class, 20 minutes during recess, and 20 minutes of playing tag with their friends after school. On a weekend, it could be a 60-minute hike with their family.

This helps children get closer to the national recommendation of 60 minutes of physical activity every day for the best health. Students turn in completed logs to me [with your signature if teacher requires] in exchange for exciting prizes, including the chance for one student from each school to win a grand prize if they complete all three logs in a Challenge.

Incentives. In addition to being happier and healthier, students are rewarded for participating in **Get Moving Whitley**. The contest will run for the months of [insert names of months]. In exchange for turning in a completed log each month, students will receive a small prize and will be entered for a grand prize drawing at the end of the school year.

This is a wonderful program that is sure to benefit your child and our school. If you have any questions, please do not hesitate to contact me. I've attached some ideas for activities the whole family can enjoy.

[Teacher's Signature]



TIPS FOR FAMILIES

Health and Fitness - A Family Affair

Help your kids to discover the joy of physical activity. School age is the perfect time for them to learn about their bodies, healthy food, and the importance of physical activity. Making physical fitness fun and available is key to helping them develop lifelong healthy habits.

Kids tend to be more active when parents are. So, get the whole family on the move this year with simple things everyone LIKES to do. Make it fun!

For more family activity ideas, visit www.whitleyhealth.org/getmoving

Helpful Hints to Get Moving

- Encourage children to get at least 60 minutes of moderate-to-vigorous physical activity per day.
- Limit non-academic screen time, TV and video game time.
- Plan family time that includes fun physical activities like walking or biking.
- Include physical activity in family events, such as birthday parties, picnics and vacations (Red Rover, for example).
- Bring kids to fun community youth recreation events, which focus on participation rather than winning. Invite the neighbor kids!
- Take nature walks to find and discuss the many different leaves, plants, and creatures.
- Park further away and take the stairs. Every step counts.
- Give gifts that encourage physical activity, such as sports equipment and lessons or passes.
- Support youth sports programs and extracurricular activities at school, community places and events.
- Cheer your children on and congratulate them no matter what the outcome.
- All active kids need is water and a healthy snack.



STRATEGIES FOR BUILDING PARTICIPATION

The following are suggestions for helping your students succeed in developing healthy habits and succeed in the Challenge. They are based on suggestions from past Challenge Coordinators:

- Create a competition between grades or classes within your school! Reward the grade or class with the highest percentage of participating students with an extra PE class, a day of extended recess, a trophy that rotates between winning grades/classes, or a “free choice” day in PE class.
- Publicly recognize winners with a poster in the hall outside their classroom or on a bulletin board at the front of the school. Try something like, “CONGRATULATIONS! This is the classroom of the Get Moving Whitley Fitness Champions!” Consider including a photo of the class doing something active.
- Ask staff to participate in the challenge and display their logs for students to see. A large dry erase version of the activity log works well for this. You may even encourage kids to compete with their teachers!
- Post photos of the kids who have turned in the most logs or who have logged the most hours. Include each students’ favorite activity.
- Consider approaching your school’s PTO for support. They may be able to provide a prize (like a healthy snack party!) for the class with the most participation.
- Assign the log as a daily homework assignment. If you use homework folders, include the log in the folder.
- Keep families in the loop! Email them, post information at the front of the school, or include Challenge information in the school newsletter. Include reminders about prizes, log due dates, students or classes that are succeeding, and suggestions for getting the whole family involved.
- Fill out the log as a class. This can be done daily or weekly. Have a couple of students share what activities they did.
- Create a challenge between teachers, and post progress for students to see.
- Recognize students who exercise the most hours at a monthly assembly or recognize students who turn in the most logs in the spring and fall at an assembly or online.



- Ask your PTO to offer incentives like gift cards or month passes to a fitness club for teachers with high rates of participation in their classes.
- Offer incentives to teachers who fill out their own logs! Create a monthly drawing for a prize and enter every teacher who completes a log.
- Have a student make a daily or weekly announcement to the school reminding students and teachers to fill out their activity logs.
- Start an after-school Fitness Club at your school! Have students log their activity at Fitness Club.
- If your students fill their activity logs out at home, have a class discussion about where to keep logs so they're visible every day and don't get lost. Taped to the wall next to the bedroom door? Magnet on the refrigerator?
- Ask students to record what activity they did, along with the amount of time they did it. Use this to keep a running list of activities hanging on the wall of your classroom for all students to see.
- Have older students pair with younger students to monitor and encourage them.
- Hold a kick-off assembly to encourage participation! Have students demonstrate activities, recognize past active participants, demonstrate prizes.
- Laminate a large chart to hang on the wall with each student's name. When they arrive in the morning, their first task before you begin your lesson could be to write down what activity they did the day before and the length of time. Read a couple out loud and allow a few minutes for students to record the information on their personal logs.
- Hang a chart with each student's name. Every week put a sticker next to the names of students who complete a week of their log. This helps keep the momentum going!
- Hold a monthly school-wide contest for designing the activity log. Print out copies of the winning log for students every month.