



St. James–Assiniboia School Division

Great Schools for Growing and Learning

M. R. Wake
Superintendent

C. M. Melville
Acting Secretary-Treasurer / Chief Financial Officer

Parents & Caregivers,

The St. James-Assiniboia School Division (SJASD) is excited to bring you the '**Get Moving Challenge**' from September 24 to October 15, 2021. With the success of our spring 'Wheel Challenge,' we present this step-based challenge to the students of SJASD.

There are endless benefits to walking, hiking, running, dancing, or any step-based activity for that matter. To add some extra motivation, we have been fortunate to partner with City Park Runners (<https://cityparkrunners.com/>), who in conjunction with New Balance will provide ten lucky students with a complimentary pair of shoes!

Remember, this optional opportunity is an activity independent of the school day and as such, parents and guardians assume the responsibility for supervision and supporting your child. There are no expectations, just an invitation, and no need to register or sign up.

Download the '**Get Moving Challenge**' Bingo Cards at https://stjamesa-my.sharepoint.com/:b/g/personal/jj_ross_sjasd_ca/EdyK8QOOuulR_8JyoeFL8B5ppKwydxusx2Qr5mBNcjHw?e=3Gd4Mg

Or pick up a physical copy of the '**Get Moving Challenge**' Bingo Cards at your school or the St. James-Assiniboia Board Office at 2574 Portage Ave, Winnipeg, MB R3J 0H8.

Simply:

- Fill in your full name legibly with grade and school on the card.
- Sign the card.
- Hand physical copies back in at school on or before October 15, 2021 or submit virtually on or before October 15, 2021.

Note: One submission per student. Prizes will be drawn, and families will be notified.

You have to use the SJASD student account (same as Teams login and email account) to submit the '**Get Moving Challenge**' Bingo Card here: <https://forms.office.com/r/xiRPT043qU>

When moving, remember:

- Obey all traffic rules and signals.
- It's always best to move with your household.
- If there are mobility concerns that may prevent you from stepping, please let us know, and we can make some accommodations.

Many of us embrace walking, running, hiking, and rolling to stay healthy and active, and it's a great habit to maintain. Let's Get Moving!

Sincerely

JJ Ross

Physical Education and Health Education Coordinator SJASD