



## SEPTEMBER 2022

**FITNESS CHALLENGE:** Throughout the school year students will be challenged to regularly participate in physical activity. The fitness challenge for the month September is for students to perform 100 of their favorite exercises. They can complete all of the repetitions at one time or a few each day until they reach 100. Some examples include, but are not limited to; jumping jacks, burpees, push-ups, sit-ups, etc. When the student has completed the challenge a picture or video must be added to the class Dojo story. Students in K-4th grade will post on the K-4 Dojo page and students in 5-8th grade will post on the 5-8 page. Upon completion of the challenge, students will receive 5 Dimmick Fit points on class Dojo.

### **HEALTHY EATING CHALLENGE:**

Throughout the school year students will be challenged to regularly participate by eating healthy foods. The challenge for the month of September is for students to sample the vegetable “zucchini”. The zucchini may be grilled, fried, or baked. Zucchini are rich in nutrients and antioxidants, they help with digestion and may improve heart health. Zucchini is easy to add into your diet. When the student has completed the challenge, a picture or video must be added to the class Dojo story. Students in the K-4th grade will post on the K-4 Dojo page and students in 5-8th grade will post on the 5-8 page. Upon

completion of the challenge, students will receive 5 Dimmick Fit points on class Dojo.

**SEL Monthly Challenge:** With the return to school comes the return to the stress of homework. You can lessen that frustration by creating a homework space in your home. It can be anywhere: a desk, table, chair, couch, bed, or even a mat on the floor. Most important is that it is a space free from distractions, that has your organized supplies. Creating a consistent homework space will help your brain prepare to focus on the task at hand: homework! Here are some tips for creating a productive space, from the National Resource Center on ADHD:

- Both the student and parent can be involved in creating the perfect space.
  - Choose a space that has good lighting and is comfortable (but not TOO comfortable).
  - Organize supplies (such as pens, pencils, paper, rulers, or calculators) into a bin or other container for spaces that have multiple uses or for a portable homework station.
  - Remove or lessen distractions as much as possible, including phones and tablets not being used for homework.
  - Use a timer for break times (this is when you can check your phone!).
  - For younger children, choose a space where parents can monitor, but not hover.
- When the student has completed the challenge, a picture or video must be added to Class Dojo story. Students in the K-4th grade will post on the K-4 Dojo page and students in the 5-8th grade will post on the 5-8 page. Upon completion of the challenge, students will receive 5 Dimmick Fit points on class Dojo.