

Tioga's HERO Hustle

This year at Tioga we will be completing the HERO Hustle, formerly known as the Fun Run. The HERO Hustle is something we will do to promote exercise and healthy choices both in school and at home.

At school we will be completing HERO Hustle Bingo, where we will be doing exercises or activities as a class to earn Bingo throughout the week. At the end of the week each student will earn a raffle ticket*.

At home we need your help to encourage your students to be active and healthy. Each week, your child can complete ONE of the activities below at home. A flyer will be sent home each week to remind you. You can then let your child's teacher know by sending back the signed flyer, sending an email, or taking a picture/videotaping the activity and sending it through Seesaw. Your child will then earn a raffle ticket*. This raffle ticket* will give them the chance to possibly win a fantastic prize.

Activities to try at home:

- Go for a 10 minute walk
- Go for a bike ride
- Jump rope for 10 minutes
- Play at the park
- Play a sport

Good luck and get active Tioga!!

**** Please do not send money for raffle tickets. Unlike in past years, raffle tickets will not be sold. Students will earn raffle tickets based on activities completed.***

