

Dear Parent / Guardian,

This year, our classroom has the chance to participate in a brand new program from the East Bay Regional Park District. It is called the Kids Healthy Outdoors Challenge, and it is designed to encourage third graders to enjoy nature and the outdoors, with connection to their classroom work.

The Kids Healthy Outdoors Challenge is based on the California Children’s Outdoor Bill of Rights, which says that kids should spend lots of time outdoors. Many studies show that children who participate in outdoor activities are healthier, do better in school, have better social skills and self-image, and lead more fulfilled lives. The “bill”—which was established by the California Department of Parks and Recreation—recommends ten outdoor activities that every kid has the “right” to try before the age of 14, things like learning to follow a trail, explore nature, and ride a bike.

Over the year, we’ll be working on new lessons and activities outdoors. The project will include a free field trip to an East Bay Regional Park.

Another goal of the project is to encourage families to spend more time outdoors together. Your child will bring home a Kids Healthy Outdoors Challenge workbook, and we hope you will review it with him or her. Take a look at the Regional Parks Family Guide (included in the workbook) for things you can do with your families in our very own regional parks. If you would like to be involved in the Kids Healthy Outdoors Challenge, contact me as to what activities we can use help or chaperoning. We hope the challenge will inspire the whole family to spend more time outdoors.

Sincerely,

[Teacher Name]