

DON'T FOREGET TO LOG THOSE MINUTES!

Freeland we need your help! We were in 1st place for the month of March but we are currently in 4th place for the month of April! If you are registered for Step Up and BWell, make sure to log in and track those minutes to help out our district team. The district team in First Place by the end of the Quarter (May 31st) will have a celebration event along with prizes and recognition! Let's show our county that Falcons know how to Step Up!



WHEN YOUR KID SAYS THEY DIDN'T EXERCISE TODAY

Get creative when it comes helping your children earn movement minutes for their Step Up & BWell team at school!

- **Olympic Bathroom Cleaning Course** – Set a timer for 15 minutes. Place or hide the following items in various locations around the house: roll of paper towel; toilet bowl brush; cleaning rags; a safe, non-bleach cleaning product or mild detergent; window/mirror cleaner. Child races from each location to bathroom and cleans it. Everybody wins!
- **So You Think You Can Vacuum** – Loud music, vacuum cleaner, dance moves, judges, videotape. Go!
- **Swift it Good** – Creatively attach rags or Swiffer dry sheets to each foot. Turn up the jams, and move feet to the beat across hardwood or tile floors.
- **Be Aggressive...Be, Be Aggressive Bedroom Pick-Up** – Kids and parents chant this cheer while completing the following list of activities in their respective bedrooms: Hang up clean clothes, put dirty clothes in hamper, take dirty dishes and trash to kitchen, make bed. Fastest wins. Hint: let the kids win, then beg for "best out of 3" in other rooms.
- **Aerobic Car Washing** – Once weather warms up, bring out the hose and buckets of soapy water. Crank up the music again, arm each child with a sponge in each hand, and let the fun begin.



BWELL

FREELAND

CURRENT STANDINGS

Your team is currently in:

2nd Place for the 1st quarter of 2023!



Rank	School	Average Per Day
1st	Birch Run	11.8
2nd	Freeland	11.7
3rd	St. Charles	10.66
4th	Frankenmuth	9.27
5th	Carrollton	8.45

Your team is currently in:

4th Place for the month of April!

Rank	School	Average Per Day
1st	Birch Run	15.77
2nd	Merrill	14.12
3rd	Frankenmuth	10.71
4th	Freeland	10.23
5th	St. Charles	9.77

JOIN US FOR THE WALLEYE FEST PARADE!



Calling all interested Step Up and BWell Participants! If you want to get some minutes in while representing your district on the Step Up and BWell team, then join us in the line up at Freeland Elementary on April 28th at 5-6pm. All participants will be getting a special charm for their lanyards or keychains! If you have any questions, contact osmonds@freelandschools.net

BWELL FREELAND

LEARNING CENTER AND ELEMENTARY STUDENTS

April 2023



Barrett Knous:
Weekly Minute
Winner in the
Learning Center
1,336 minutes!



Brooks Taylor: Weekly
Minute Winner in the
Elementary School
1,336 minutes!



Liam Smith: Weekly Minute
Winner for the Learning
Center for 2 weeks- 940 and
1,030 minutes!



Kaylee Filion: Weekly
Minute winner in the
Elementary School
1,165 minutes!



Kennedi Jaremba:
Weekly Minute Winner in
the Elementary School
1,210 minutes!

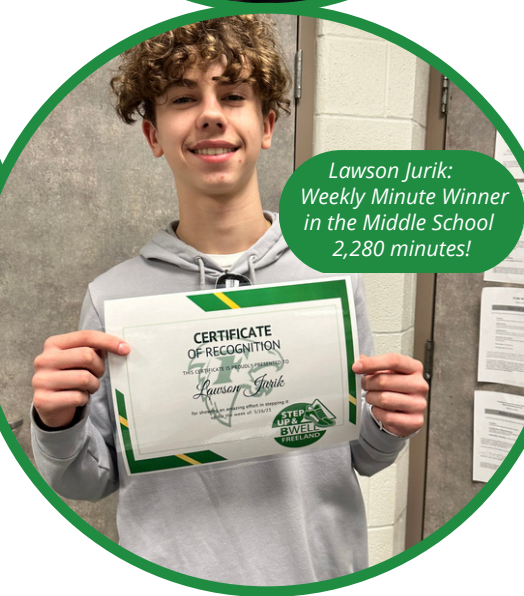


Kalix Kolbe: 1x Weekly
winner and March Overall
Minute winner for the
Learning Center 1,530 and
4,575 minutes!



Ryder Wegner: Weekly
minute winner and March
Overall Minute Winner
for the Elementary School
1305 and 4,855 minutes!

MIDDLE SCHOOL STUDENTS & HIGH SCHOOL

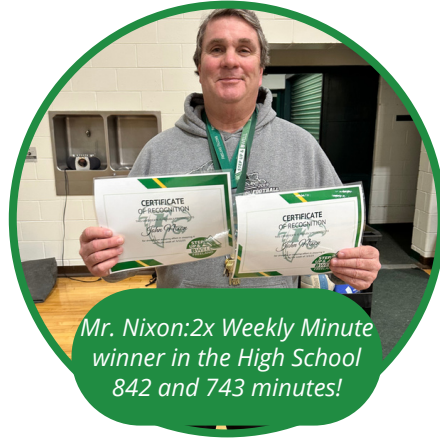


STAFF

April 2023



Mrs. McDonald
Weekly Minute
winner in the
Learning Center
810 minutes!



Mr. Nixon: 2x Weekly Minute
winner in the High School
842 and 743 minutes!



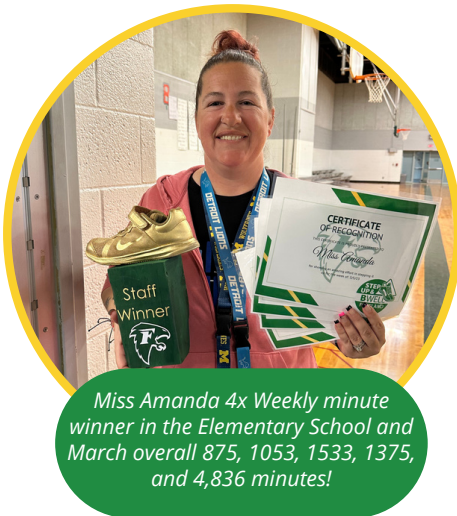
Mrs. Lazarz Weekly
Minute winner in the
Learning Center 422
minutes!



Mrs. Patti Weekly
Minute Winner in
the Learning Center
510 minutes!



Mrs. Griffin Weekly minute winner in
the Learning Center and March
overall 510 and 1,770 minutes!



Miss Amanda 4x Weekly minute
winner in the Elementary School and
March overall 875, 1053, 1533, 1375,
and 4,836 minutes!



Ms. Chislea 4x Weekly minute winner
in the Elementary School and March
overall 1061, 1575, 1455, 1900, and
6,104 minutes!



Ms Miller 2x Weekly minute winner in
the High School and March overall
990, 2351, and 4,446 minutes!



A significant piece of this county-wide physical activity challenge is to evaluate the effectiveness of the challenge efforts in physical activity and healthy lifestyle choices. As you know tracking minutes of activity inside the application is critical to the team's success; however, the goal of the [Saginaw County Health Department](#) is to also impact healthy lifestyles choices through nutrition and education on how we can improve our health collectively.

We are needing every participant on the **FREELAND** Team to complete a survey no later than 4/30/23. The survey should take only a few minutes of your time and we are asking for the following:

- Children K-5 grades to have parents complete the survey on behalf of their registered child
- Children 6 - 12 grade and adult staff to please complete the survey themselves

This data collected is critical to evaluating the success of the program and will not be used to measure individuals. This first survey will determine baselines for our participants and **MUST** be completed by each participant in order to qualify for any future program incentives.

THE SCHOOL WITH THE HIGHEST COMPLETION RATE OF SURVEYS WILL GET A FREE 60 MINUTE AIRBORNE JUMP PASS FOR ALL PARTICIPANTS THAT HAVE COMPLETED THEIR SURVEY!

SCAN ME



CHALLENGES THIS MONTH

- log those minutes
- fill out the survey to be entered to win a a FREE 1 hour jump pass to Airborne



Healthy Substitute for Moms and Dads

Try this homemade coffee creamer in place of store-bought ones containing high fructose corn syrup and flavorings.

- Use 1 can of whole or reduced-fat coconut milk, 1 T of maple syrup, and 1 tsp of vanilla extract.
- Experiment with other flavors by adding a dash of cinnamon or a pinch of pumpkin pie spice.
- Place ingredients in a bottle or glass mason jar and shake well. Keep in the frig for up to 1 week or freeze in ice cube trays for long-term storage.
- It's dairy free, lower in sugar, and delish.

RESOURCES

For StepUp & BWell assistance, reach out to your district HRAs:

Sarah Osmond and Kristin Jaremba
Office: 989.625-2254 Ext 3404
Work Cell: 989-297-7063
osmonds@freelandschools.net
jarembak@freelandschools.net



BWell Saginaw
BWellSaginaw.org

Saginaw County Community Resource Guide:
<https://saginawpublichealth.org/media/5nphobaf/2020crg.pdf>