

**TAHOE ELEMENTARY
PRESENTS...**



MOVE-A-THON 2020

BE ACTIVE. BE HEALTHY.

**IT'S IMPORTANT TO GET REGULAR EXERCISE
TO KEEP YOUR BODY AND MIND STRONG!**

**JOIN IN THE FUN OVER THE NEXT TWO WEEKS WITH
DIFFERENT ACTIVITIES TO WIN VIRTUAL BADGES AND
PRIZES!!***

RAISE MONEY BY COLLECTING PLEDGES IF YOU CAN TOO!

LET'S GET MOVING!

***YOU MUST REGISTER BEFORE THE END OF THE DAY
ON NOVEMBER 1ST IN ORDER TO GET VIRTUAL BADGES**



TAHOE ELEMENTARY
MOVE-A-THON 2020



NOVEMBER 1ST THROUGH NOVEMBER 14TH

TRY AS MANY EXERCISES AS YOU CAN, EITHER IN YOUR HOME OR OUTSIDE, TO STAY PHYSICALLY AND MENTALLY HEALTHY! KEEP IT UP AFTER THE EVENT TOO!

**PARENTS SHOULD HELP REGISTER STUDENTS AT
[HTTPS://RUNSIGNUP.COM/RACE/CA/SACRAMENTO/TAHOEMOVEATHON2020](https://runsignup.com/Race/CA/Sacramento/TahoeMoveathon2020)**

TO LOG YOUR EXERCISES AND EARN VIRTUAL BADGES!

THE TOP THREE STUDENTS AND CLASSES WITH THE MOST EXERCISE TIME LOGGED WILL WIN PRIZES!

THOUGH OUR FOCUS IS ON KEEPING YOU HEALTHY, WE WANT TO TRY TO RAISE MONEY FOR SCHOOL IMPROVEMENTS NECESSARY FOR A RETURN TO CAMPUS, AS WELL AS HEADPHONES TO USE DURING DISTANCE LEARNING.

ASK YOUR FAMILY, FRIENDS, NEIGHBORS, YOUR PARENT'S CO-WORKERS AND OTHERS TO DONATE TO HELP ENRICH YOUR EDUCATION.

ONLINE PLEDGES ARE A GREAT WAY TO RAISE MONEY FROM THOSE YOU CAN NOT SEE IN PERSON. EMAIL OR TEXT THEM THIS LINK TO DONATE:

[HTTPS://APP.99PLEDGES.COM/FUND/TAHOEMOVEATHON2020](https://app.99pledges.com/fund/tahoeMoveathon2020)

CASH AND CHECKS YOU COLLECT SHOULD BE KEPT IN AN ENVELOPE UNTIL THE END OF THE MOVE-A-THON. THEN PLEASE BRING IT TO THE SCHOOL'S FRONT OFFICE WITH STUDENT NAME AND TEACHER NAME ON THE ENVELOPE.

**CONTACT ALLISON AT PTACOMMSTAHOE@GMAIL.COM WITH ANY QUESTIONS
REMEMBER TO BE SAFE TO PREVENT INJURY.**

WEAR A MASK & KEEP 6 FT. DISTANCE WHEN EXERCISING WITH OTHERS.

