

Fun Programs offered in Miss Baccus' Class

Daily Calorie Buster: Get dressed and come out before roll call to play fun games and have your name entered into a drawing for cool prizes.

How it works: Every week we will have a new activity for our daily calorie buster posted on the whiteboard inside the locker room. Get dressed fast, come out to the gym, put your token in the calorie buster box and get playing. The activity will last until the music stops at which time you will have 30 seconds to get into your squads for class to start. Every 5 days you play your name will get entered into a monthly drawing for cool prizes. (2-4 winners per period)

Biggest Loser Weekly Challenge: Each student who participates in the weekly challenge to implement healthy behaviors into their lives qualifies.

How it works: Everyday that you come to class if you have followed the weekly challenge you put your token into the box. Every 3 times you participate in the challenge your name is entered into the monthly drawing and students can track their progress on the bulletin board in the gym. (2-4 winners per period)

Work It to Win It! This is a program to recognize students who show good citizenship during the month.

How it works: During each month if your name stays out of the black book you will be entered into a drawing for fun prizes. All students who "Win It" will have their picture taken and displayed on our "Work It To Win It" board in the girls gym. (Many winners per period)

Fit is Fun: This is an optional fitness program that you participate in at home.

How it works: Pick up a Fit is Fun log in the girls locker room or Miss Baccus teacher website. Record every physical activity you participate in after school and on weekends and the amount of time that you did it for. Look at the mileage equivalency chart and convert your time into miles. Turn in your chart by the end of the semester to qualify for fun prizes and tokens.

Question of the Week: Every week there will be a question of the week on the section of the bulletin board for your class in the gym.

How it Works: Place your answer in the mailbox in the gym with your name and period. If your answer is correct, you will earn 3 entries into the monthly drawing. You may only submit 1 answer each week!