

CAMBRIDGE COUGARS

"GO"



The BIG rage this summer was *Pokemon Go*.....

This school year we bring you "**Cambridge Cougars Go**" a program intended to motivate our students to "GO" and be active outside of the regular school day.

The goal of the program is for students to accumulate a minimum of 150 points by selecting and participating in the variety of activities that are found on the reverse side of this flier. **Super Cougars** will be those students who achieve 200 points or more by the end of the program. Those students who accumulate 150 points will receive a certificate of completion. **Super Cougars** who accumulate 200 points or more will be recognized during our Awards Ceremony on the last day of school.

All activities should be done for a minimum of **20 minutes** for the students to accumulate the designated amount of points, as well as achieve the health benefits of that activity. Multiple activities can be done on a given day, but each activity should be done for a minimum of 20 minutes to achieve the designated points.

Please do not create your own point system!

Please Note: Organized Sports and/or classes will be awarded differently, please see the guidelines for those activities.

The program will run from
Friday, September 23rd through Sunday, June 11th

How do you participate?

- ☐ Have your parent register you by e-mailing Mrs. O'Brien at Christina.O'Brien@sbschools.org and put in the subject line: "**GO: Student's Name/Teacher**".
- ☐ Participate in your designated activities for a minimum of 20 Minutes per activity outside of the regular school day.
- ☐ Record your points on the official **Cambridge Cougars Go** point tracker and have your parent initial your progress. The official tracker will be sent home to those students who have been registered by their parent. It can also be found on our school website.

<http://www.sbschools.org/schools/ca/>

***Please remember to follow the guidelines about points awarded for organized team sports and/or classes!**

- ☐ Periodically have your parent's e-mail Mrs. O'Brien a picture of you doing your activities which will be displayed on a **Cambridge Cougars Go** poster outside of the gym.
- ☐ Have fun being a kid while remaining active outside of the regular school day!



Cougars..... are you ready to "GO" and be active this school year?????

#CACougarsGo