Dear Parent or Guardian,

We are Training Champions through the Play Hard, Live Clean campaign again this year at our school! This is a campaign that we do in partnership with the Garrett County Health Department to promote healthy choices. Your child will have the opportunity to participate in three different challenges – 10 days with less than two hours of screen time, 10 days of drinking only water or milk, and 10 days of physical activity for 60 minutes. If your child completes 1 challenge, he or she will be awarded a bronze medal; 2 challenges earns a silver medal; and completion of all 3 challenges earns a gold medal. We hope you will join in this campaign and encourage your child to be a champion by making healthy choices! Check out the website PlayHardLiveClean.com to see what’s going on around the county with this campaign.