



# MOANALUA MOVES!

This year we are challenging MES students to make sure healthy activities are part of their daily routine. With this goal, the MES PTO is teaming up with MES by sponsoring the new **"Moanalua Moves!"** monthly challenge.



Students will complete each month's challenge by doing the following:



- Complete ALL activities from a monthly checklist that will be sent home at the beginning of the month (and also available on the MES PTO website).
- Turn in their forms signed by their parents or guardians confirming that they completed all activities by the end of the month to their teacher.

Students who complete every activity on the list will receive that month's colored toe token to place on their shoelaces or a place of their choice to show off their progress. Each month will have a different colored Toe Token for students to earn!



We believe that school success starts with a healthy body - we hope that these activities will motivate our students and families to incorporate at least 30 minutes of movement into your daily routine!

Mahalo for your support and participation!

Melissa Harnesberger & Kylee Oshiro  
MES PTO Health & Fitness Chair | PE Teacher



Email [healthandfitness@moanalupto.org](mailto:healthandfitness@moanalupto.org) with questions