



THE SCHOOL DISTRICT OF
PALM BEACH COUNTY, FL

ALLISON MONBLEAU
DIRECTOR

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Action By:
March 31, 2024

TO: Principals and Directors
FROM: Joseph Sanches / Chief Operating Officer
SUBJECT: **2024 LET'S MOVE: COMMIT TO CHANGE PHYSICAL ACTIVITY CHALLENGE**

It is essential for all students and District staff to maintain healthy behaviors that benefit our physical and mental health. Daily physical activity can improve overall health and reduce the risk of developing diseases such as cardiovascular disease, type 2 diabetes, and cancer. In addition to boosting the immune system, physical activity also greatly benefits mental health by reducing sensitivity to stress as well as depression and anxiety. Overall, quality of life improves simply by adding 30 minutes of physical activity to your daily routine. Physical activity can:

- Improve sleep quality
- Improve mental health and mood
- Improve digestion and aid in weight management
- Improve memory and brain function for all ages
- Strengthen bones and muscles

The **2024 Let's Move: Commit to Change Physical Activity Challenge** is a county-wide campaign celebrating its 12th anniversary. This campaign is presented by [Digital Vibe, Inc.](#) and [Palm Health Foundation](#). The challenge takes place **March 1-31** and focuses on physical activity, nutrition, and healthy behaviors. This is an excellent opportunity for staff, administrators, and students to renew and recommit to their fitness goals by logging exercise minutes each day during the month of March 2024. This challenge follows the district-wide Employee Wellness *Walking Challenge*, February 5th through March 1st. We encourage all employees to keep the momentum of movement going and sign up to participate in the *Let's Move Challenge*. Motivating our students and families to participate will help reinforce healthy behaviors in our District community.

A team called **"The School District of Palm Beach County"** will be created on the *Let's Move* website. Each school and department will be created as sub-teams of the overall District team. This will make logging your daily physical activity easy and will encourage healthy competition among schools and departments.

How to Participate:

- Participants are encouraged to register under their sub-team online at www.letsmovepbc.org.
- Click on the **"Register to Participate"** button on the home page, create a username and password, and select **"The School District of Palm Beach County"** team from the **"Organization/Team Name"** drop-down menu.
- Next, select your respective school or department name in the **"Sub-Team/Department Name"** drop-down menu and click **"Submit."**
- Once you are registered, logging your minutes is easy. Log in to the site using your username and password, select the **"My Minutes"** button on the home page, and enter minutes on your personal dashboard.
- Participants can register immediately although logging minutes does not begin until **March 1, 2024**.

The school site or community-based youth-focused program logging the most minutes in the **2024 Let's Move: Commit to Change Physical Activity Challenge** will win a **small grant of \$1,000** to support their physical activity programming.

Your school's Healthy School Team (HST) Leader and/or Wellness Champion can help you to promote this initiative at your school or department. Thanks to everyone's participation in the 2023 campaign, the District collected over 3 million more minutes of logged activity over the 2022 campaign. Let us all commit to exercising at least 30 minutes a day, log our minutes, and let's see if we can again double our District's total minutes contribution in 2024.

Yearly Minutes Logged Per the District on this Campaign	
Year	Minutes Logged
2023	5,380,774
2022	2,349,931
2021	3,207,674
2020	473,201

Thank you for your attention and consideration in participating in this fun community-wide campaign.

Attachments

Approved: _____

Michael J. Burke, Superintendent

FY23 Results: TOP Five Schools per Level and Departments

Results of Minutes Logged from March 1-31, 2023

Top 5 Elementary Schools	Minutes Recorded
Belvedere Elementary	2,097,790
Highland Elementary	45,555
K. E. Cunningham-Canal Point Elementary	40,500
Jupiter Elementary	26,971
Allamanda Elementary	16,286

Top 5 Middle Schools	Minutes Recorded
Christa McAuliffe Middle	37,937
Howell L. Watkins Middle	4,834
Jupiter Middle	3,092
Loggers Run Community Middle	950
Independence Middle	912

Top 5 High Schools	Minutes Recorded
Wellington Community High	23,946
John I. Leonard High	20,157
Royal Palm Beach Community High	5,520
Suncoast High	5,196
Atlantic Community High	3,900

Top 5 Departments	Minutes Recorded
School Food Service	26,196
Safe Schools	13,815
Federal and State Programs	12,815
Risk and Benefits Management	5,367
Leadership Development	3,750



March 1 - 31 2024

LetsMovePBC.org

LET'S MOVE:

COMMIT TO CHANGE PHYSICAL
ACTIVITY CHALLENGE

ENGAGES

Palm Beach County residents in a friendly competition through the month of March with the goal of promoting physical activity and healthy behaviors!

LET'S MOVE

invites Palm Beach County residents to form teams and get moving together—commit to exercising at least 30 minutes a day, and log your minutes!



Designed by:
FINITY TEK
DESIGNS

