



## Let's Get Moving, Shorthorns!

Last May, our school district through KAY Club was awarded a Be The Spark Grant by Blue Cross and Blue Shield of Kansas to promote physical fitness throughout the school day. Studies show that getting kids up and moving has a positive effect on their learning, so KAY members have been busy assembling and delivering different types of seating to help kids move while in class.

Through our grant, we purchased stability balls, rockers, stools, standing desks, pedometers, and even a trampoline for our preschoolers! Teachers and students have been excited to use these new options and we are looking forward to observing and collecting data to measure the success of our "Get Moving" campaign.

This is a wonderful opportunity for Hodgeman County Schools and we hope you are excited as we are. If you have questions, please contact us. Thank you for your support!

Sincerely,  
Sailor-Anne Seiler, KAY President  
Katie Olson, KAY Sponsor