



## SCA and CASA HEALTH & WELLNESS PROGRAM

Our students need a boost, they need to have fun and get some fitness in their “diet” so what better way than to get support from the world-famous Harlem Wizards. The Wizards are joining us with their new virtual kid's experience - The WizFit Challenge, and we need your help!

The Manhasset WizFit Challenge includes fitness and character coaching produced by the Harlem Wizards in these areas:

- **Wellness**
- **Imagination**
- **Zero Hate**
- **Fun**
- **Inspiration**
- **Teamwork**

Our children’s participation in these challenges can inspire good habits, healthy movement, life skills, and effective stress management. In turn, these challenges will supplement the dedicated work of our educators, and will help our children thrive academically, physically, and emotionally.

The program happens on two tracks.

- The kids will participate in a series of 6 super fun workout videos. When they complete those workouts, they win FREE prizes! On February 3rd, the Wizards are then going to host a live Grand Finale virtual celebration with our students and families at home to practice what they have learned.
- On the other track, we are raising money for CASA and the SCA to be used for future school programs. This portion of the program is optional. The students can win additional prizes by hitting fundraising milestones.

We will be launching the first challenge with a video being shown in gym class. Over the next 2 weeks, students will watch and participate in a series of 5 interactive video episodes at home led by Harlem Wizard stars Swoop and Broadway. They will get fit, learn tricks, have fun, and be coached on character by the Wizards.

[CLICK HERE](#) to watch a short 2-minute video with additional details.

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## REGISTRATION INFORMATION

Your child must be registered to participate in the program.

**NOTE: On the registration page a default “Personal Fundraising Goal” is populated. If you are not participating in the fundraising portion of the program this can be set to “0”. If you choose to participate in the fundraising, this figure can be adjusted, and you are under no obligation for this amount. This is the goal that will be visible on your child’s fundraising page if you choose to share it with friends and families.**

For Shelter Rock Elementary Students [CLICK HERE](#) to register today.

For Munsey Park Elementary Students [CLICK HERE](#) to register today.

Look for your child’s school and teacher, it takes just a couple of minutes!

If you choose to participate in the fundraising portion, please share your child's fundraising page with your friends and family using the convenient share tools provided.

## SAVE THE DATES

On **February 10<sup>th</sup>**, the Wizards are going to host a live Grand Finale Virtual Party with families and students to practice what they have learned and have a blast, viewed from home.

**5:30PM** for Shelter Rock Elementary Students and Families

**6:30PM** for Munsey Park Elementary Students and Families

Watch your email as we get closer to the date for the ZOOM links.

We are excited to announce that on **November 5, 2021** the Harlem Wizards will be back in town! Come watch in-person as our very own teachers, staff and principals challenge the Wizards!

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We love this virtual way to bring the Wizards back to our community and help our children get fit! Thank you for your continued support and please register your child!

Connie Bruno, Project Director, CASA  
Anna Oncel, President, Shelter Rock SCA  
Cathy Croce, President, Munsey Park SCA

