



HOW DO WE PARTICIPATE?

- Classroom teachers may register their classroom
- High School teachers may register one course for an outdoor activity during your regular class time that allows students to enjoy the benefits of physical activity in the great outdoors!

REGISTER YOUR CLASS BY USING THIS GOOGLE FORM:

<https://forms.gle/4igGGizFMoHw3wS5A>

Each teacher that registers their class will receive an SSNL toque.

Let your principal know you have registered, as they will be responsible to order milk for every classroom participating in Dart Outdoors using the following form:

<https://forms.gle/1JUPZrS1YPeFcfCA7>

WHAT'S THE CRITERIA TO PARTICIPATE?

- Any class, Grade K-12, is eligible to register for an event during January 17-23.
- NLESD School COVID policies must be adhered to.
- The Administration must submit the total School Milk order for all participating classrooms using the above order form by December 18. Each student will receive 250 ml of milk from School Milk.

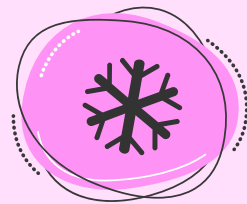


HOW DO WE GET INTO THE GRAND PRIZE DRAW?

- Register your event
- Send us pictures from your event via email at crussell@schoolsportsnl.ca or
- Tweet us pictures at @SchoolSportsNL (if you have a school Twitter account)

PRIZE DRAW

- Prize draw will be 30 Yoga Mats for classroom **PLUS**
- If a K-6 classroom cohort wins, each student in the class will receive an Airhead Kapow! 23" Snow Disc (approx. \$25 value)
- If a 7-12 cohort wins, each student will receive an SSNL Custom Original Buff (value \$30)



ACTIVITY IDEAS

- Snowshoe relay races and hikes • Cross country skiing adventures
- Outdoor shelter building – quinzee/lean-to's • Snowman making contests • Ice/snow sculpting

DEADLINE to register for milk and
your participation is **DECEMBER 18.**

