Dear Fry Staff,

We are planning a Virtual Foxtober this year. Families will be able to donate to the PTA from October 19 – October 30. During the week of October 19 – October 23 we will have a Fry Fitness and Spirit Week. Each day will have a theme for the students to participate in along with a variety of activities/exercises to complete each day to help our Foxes stay Active.

Here are daily themes and fitness activities:

**Monday:** Fry Foxes are Active Foxes – Put on your favorite sports/activity gear. Maybe it’s your favorite dance, baseball, football or karate shirt. Quite possibly your gymnastics, basketball, taekwondo, tennis, or soccer shirt. Show off your chorus, favorite musical, or band attire. Whatever it is, show off your gear, Monday is **Sports/Activity Gear Day**!

**Tuesday:** Fry Foxes are Wildly Smart – Mess up that hair, add a little pizzaz, show off some accessoriesto accentuate your beautiful brain. Tuesday is **Wild Hair Day**!

**Wednesday:** Fry Foxes are All Mixed Up –Let’s have a little fun and mix up our outfits the best we can. Wednesday is **Mismatch Day**!

**Thursday:** Fry Foxes are Lounging Around – It’s going to be a comfy day, today is **Pajama Day**!

**Friday:** Fry Foxes Have Spirit – Show off your favorite Fry School spirit wear of school colors: Black and Silver. Friday is **Fry Spirit Day**!

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 20 arm stretches |  |  |  |  |  |
| Shoot 20 Baskets |  |  |  |  |  |
| Practice a sport/activity for10 mins. |  |  |  |  |  |
| 25 jumping jacks |  |  |  |  |  |
| Walk around the block |  |  |  |  |  |
| Play catch for 10 mins. |  |  |  |  |  |
| Ride your bike for 10 mins. |  |  |  |  |  |
| Play hopscotch |  |  |  |  |  |
| 10 mins. of yoga exercises |  |  |  |  |  |
| Jump rope |  |  |  |  |  |
| 25 push-ups |  |  |  |  |  |
| 25 arm circles |  |  |  |  |  |
| Skip around your house/outside |  |  |  |  |  |
| The Floor is Lava!!!!! |  |  |  |  |  |
| Create your own safe Foxtacle Course |  |  |  |  |  |
| 30 second plank every break |  |  |  |  |  |
| Play your favorite song and Dance! |  |  |  |  |  |
| Family Hula Hoop Contest |  |  |  |  |  |
| Walking lunges instead of walking |  |  |  |  |  |
| Stand on 1 foot and close your eyes for 30 seconds, then switch sides. Be Careful! |  |  |  |  |  |
| Play Frisbee with your family for 10 mins |  |  |  |  |  |

There will be a Freddy the Fox visit, via zoom, for the class that has most Spirit Wear participation on Friday, October 23.

Feel free to incorporate these themes and activities in your plans.

Thank you for all that you are doing to help our students navigate through these uncharted waters.

Please reach out to us with any questions.

Sincerely,

Joy Harmon and Emily Salmon

Foxtober Fundraising Committee

[Joyn601@yahoo.com](mailto:Joyn601@yahoo.com) - mlesalmon@comcast.net