Add Something Positive to Your Life @ CPHS

30 Day Challenge 2020 Student/Parent/Teacher Contract

To start back at school in 2020, Mr. Papple is challenging his students to add something positive to their lives over the next 30 days. The purpose of this challenge is to bring more positivity to our everyday lives through healthier choices, fitness, reduced screen time, more social interaction, giving back to the community, volunteering, etc. The goal is for students to select something that challenges them through perseverance and determination over the 30 days. Students will be relying on the support from their peers, staff and parents to complete their challenge. At the end of the 30 days, students will be asked to share their challenge in a brief one to two minute presentation with their class highlighting the challenge, obstacles, success and reflections of their progress throughout the 30 days.

Our 30 Day Challenge **starts Monday January 13th** and **ends Wednesday February 12th**.

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| Students Will… | * Select a challenge
* Complete their 30 Day Challenge Action Plan
* Set personal daily goals and reminders (agenda, electronic device, family calendar, reminder from friends, family, staff) to complete the challenge
* Have parents and staff sign the 30 Day Challenge Contract
* Provide regular proof that they are completing the challenge (photo/video evidence, parent letters, calendar of tasks, etc.)
* Think of and plan a 2-3 minute way to creatively present their challenge at the end of 30 days
* Stay positive, persevere and be willing to challenge themselves!!!
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| Parents Will… | * Sign the 30 Day Challenge Contract
* Provide regular reminders to their son/daughter to complete their challenge each day
* Participate in the challenge with your son/daughter if you wish
* Support your child if they are wanting to take on a more complex challenge
* Discuss successes, obstacles and reflections about the challenge
* Take photos/videos as proof your child’s endeavor
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| Staff Will… | * Sign the 30 Day Challenge Contract
* Take part with their own 30 Day Challenge
* Provide regular reminders to their students to complete their challenge each day
* Support students if they are wanting to take on a more complex challenge
* Discuss successes, obstacles and reflections about the challenge throughout the 30 Day Challenge
* Schedule and assess presentations
* Provide feedback to students
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Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_