



Dear Parents,

We are happy your child attended Exercising Your Character. Students completed 30 minutes of aerobic activity and heard from speakers who talked about sportsmanship, healthy habits and good character.

Plus, everyone enjoyed a healthy lunch provided by Hy-Vee!

Here are a few questions to ask your child about Exercising Your Character:

- Before Exercising Your Character, what did you think was going to happen there?
- What did happen at Exercising Your Character? Was it the same or different from what you had expected?
- What was your favorite part of Exercising Your Character? Why?
- Can you tell me about a time you saw another student show respect at Exercising Your Character?
- Who was your favorite speaker? What did they talk to you about?
- How did you show responsibility at Exercising Your Character?

Our organizations are proud to work together to promote character and healthy habits. We hope you'll visit our websites to learn more.

Sincerely,

Matt Pertzborn
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Hy-Vee
www.hyvee.com

Chuck Long
Executive Director
Iowa Sports Foundation
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