

ST. MATTHEW LUTHERAN SCHOOL SUMMER TRIATHLON

Are you up for a challenge this summer? The St. Matthew Summer Triathlon will help you “stay fit” in body, mind, and soul during your summer break. By participating in the Summer Triathlon challenge, you will be encouraged to grow in body by exercising, in mind by reading, and in soul by studying God’s Word. Whole families are encouraged to participate. Have fun with it!

BODY – EXERCISE FOR 60 MINUTES PER DAY

Be physically active (exercise) for at least 60 minutes every day. Your 60 minutes of activity does not have to be a consecutive 60 minutes. For example, you could take a 30 minute bike ride and then later play basketball for another 30 minutes.

MIND – READ OR A COMBO OF READING AND XTRAMATH FOR 30 MINUTES PER DAY

Read for at least 30 minutes a day. You could also choose to do Xtramath (incoming Kindergartners won’t be able to choose this option, but they could practice counting by 1’s or 2’s up to 100) and then read for the remaining amount of time in 30 minutes. For example, do your Xtramath which takes you 5 minutes, and then finish up by reading for 25 minutes. Choose reading material that you enjoy and that is at an appropriate reading level and of appropriate content for your age. Parents, you can read to your child, especially the younger grades so they can hear what a fluent reader sounds like, but also encourage your child to read independently. Check out the local library for more reading incentive programs that could help you reach your reading goals. If you’re having trouble deciding what to read, search online for leveled reading lists, or ask a teacher to help!

SOUL – BE IN GOD’S WORD EVERY DAY - ANYTIME

Study God’s Word in any way, shape, or form for any amount of time. It can be a personal devotion, Bible reading, a family devotion, a parent reading a Bible story to you, going to church, Sunday school, and Vacation Bible school. You also might want to consider reading your Christ Light materials from school and occasionally using those Bible story lessons as your daily dose of God’s Word.

TRACKING YOUR PROGRESS

To complete the Summer Triathlon, keep track of your progress throughout the summer by faithfully filling out the attached log. Write the date or simply color in a section of the graph as each “event” is completed. We will collect the logs at the beginning of the 2021-22 school year. Based on the total number of days you complete all three “events” you can qualify for one of three levels: bronze (30 days), silver (35 days), or gold (40 days). All students who qualify for one of the three levels will receive a medal and a special prize for their efforts. Be sure that both student and parent sign the completed log to verify that the information that has been recorded is accurate.

Please direct any questions you have about the Summer Triathlon to Mrs. Most.

michelle.most@stmatthewspokane.org

SUMMER TRIATHLON LOG

Student's Name _____

Grade in 2020/2021 _____

Exercise Days	Write Date or Color In	Reading/Xtramath Days	Write Date or Color In	Bible Study Days	Write Date or Color In
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
13		13		13	
14		14		14	
15		15		15	
16		16		16	
17		17		17	
18		18		18	
19		19		19	
20		20		20	
21		21		21	
22		22		22	
23		23		23	
24		24		24	
25		25		25	
26		26		26	
27		27		27	
28		28		28	
29		29		29	
30 (Bronze)		30 (Bronze)		30 (Bronze)	
31		31		31	
32		32		32	
33		33		33	
34		34		34	
35 (Silver)		35 (Silver)		35 (Silver)	
36		36		36	
37		37		37	
38		38		38	
39		39		39	
40 (Gold)		40 (Gold)		40 (Gold)	

Student Signature _____ Parent Signature _____ Date _____