

June 22, 2012

Ms. Kelly Fenton  
Recreation Leader, City of Coquitlam  
3000 Guildford Way  
Coquitlam, BC V3B 7N2

Dear Ms. Fenton:

**RE: Mundy Road Elementary “Survivor Fitness Challenge” Outcomes**

I'm writing to share with you the results of our “Survivor Fitness Challenge.” On April 23, 2012, the Mundy Road Playground Committee, with the help of a large group of parent volunteers and the cooperation of our intermediate teachers, organized an afternoon activity for grades 4 and 5 students to assess their fitness levels and to celebrate the new playground. Students in each of the three classes were divided into teams of 5 or 6, and asked to come up with a team name and cheer. Each class was allotted 45 minutes, during which time teams rotated through five different stations, focusing on fun, fitness, and teamwork. One of these stations required students to complete a circuit on the new playground equipment, consisting of nine overhead components. Parent volunteers timed each of the 79 students and took note of which components they were able to cross successfully, and which ones posed difficulty. This data was used to assess two things: the percentage of students who were able to complete 100% of the overhead circuit, and the percentage of students who were able to complete the circuit in a) under 1 minute and b) between 1 and 2 minutes. (Please note that because students were allowed to proceed to the next component if they were unable to cross one, we only counted the times of those students who were able to complete at least 7 of the 9 components.)

On June 20, 2012, we retested all of our intermediate students on the circuit. Ideally, we would have waited at least six months rather than only two before retesting. Nonetheless, the results this time round show a remarkable improvement in students' upper body strength and agility. **In April, 34% of the girls were able to complete the entire circuit without dropping. In June, 44% were able to do so. Similarly, only 18% of boys were able to complete the circuit in April, but this number jumped to 39% in June. Two months ago, 34% of the girls completed the circuit in 1-2 minutes, and only 5% were able to do it in less than a minute. In June, these numbers rose to 40% and 21%. Boys, too, showed tremendous improvement. In April, 24% finished in 1-2 minutes and 5% in under a minute; in June, those numbers increased to 31% and 8%.** Despite having been in place for only a few months, our new playground is clearly helping us to achieve our goal of increased activity levels and upper body strength in intermediate students.

I'd also like to share with you an even bigger success. The students, parent volunteers, and teachers enjoyed this event so much that we've decided to organize an "*Ultimate Survivor Fitness Challenge*" during the last week of school. This time round, there will be a teacher team, too! Instead of parent volunteers, many of our grade 4 and 5 students will be helping to run the stations. Nonetheless, I'm sure many of the parents will be back to watch. Since April, I've been asked many times, "When are we going to do this again?" Younger siblings are wondering if it's going to be an annual thing. Yes, the kids are getting stronger, but even more importantly, they're engaged and excited. This activity, and this playground, have strengthened our community, and we thank you for your generous contribution towards its completion.

Sincerely,

Suzanne Clements,  
on behalf of the Mundy Road Playground Committee