



June 10, 2008

Dear School Principal or Superintendent,

Healthy Shasta is once again offering Walk This Way at Turtle Bay and hiding Golden Shoes to promote physical activity and healthy eating in fall 2008. We invite your school to get involved - now is the time to request your free materials!

City of Redding

**Walk This Way at Turtle Bay**

First 5 Shasta

Walk this Way at Turtle Bay, a free event on Saturday, October 4<sup>th</sup>, gets kids excited about healthy eating and physical activity and offers free admission to Turtle Bay Exploration Park. Please help us spread the word to local families with posters and student handouts.

McConnell  
Foundation

Mercy Medical  
Center

**Turn Your Shoes Into Gold**

We invite you to wear Golden Shoes! We'll paint your shoes, provide a button and talking points for you to share about healthy eating and physical activity for successful kids!

Redding Rancheria

**Golden Shoes**

Shasta College

Healthy Shasta will be hiding Golden Shoes throughout the community, September 15<sup>th</sup> to October 4<sup>th</sup>. Shoes are hidden in family oriented locations that support healthy eating and physical activity (such as new trails and farmers markets). Anyone who finds a Golden Shoe can turn it in for a free prize (each shoe hidden in the community has a prize valued at \$200 or more). We can provide handouts for students with clues on where the shoes are hidden.

Shasta County  
Public Health

Shasta Family  
YMCA

Simpson University

**Silver Shoe Package**

Turtle Bay Exploration  
Park

New this year! Healthy Shasta is offering "Silver Shoe Packages" at no cost to schools and programs serving youth. We provide one Silver Shoe, a small prize and general guidelines for hiding it. In exchange we ask you to hide the shoe on campus and create a unique clue (students turn it in to the principal for a prize) and distribute information to students/families about the event and clues for Golden Shoes. Please note that we will not be offering the Healthy Shasta Challenge this year.

Please sign-up now by returning the enclosed form so that your school can be involved with these fun ways to get families excited about physical activity and healthy eating! For more information, visit [www.healthyshasta.org](http://www.healthyshasta.org), call 229-8243, or email [shirley@healthyshasta.org](mailto:shirley@healthyshasta.org).

Sincerely,  
The Healthy Shasta Golden Shoe Team



## Fall 2008 – Golden Shoe, Walk This Way & School Shoe Sign-Up

School: \_\_\_\_\_ Phone: \_\_\_\_\_

Contact Person: \_\_\_\_\_

E-mail: \_\_\_\_\_

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We would like (please check all that apply):

- Posters** about Walk This Way and Golden Shoes to hang on campus (number: \_\_\_\_\_)
- Fliers** to send home with students about the Walk This Way event and clues for Golden Shoes with larger prizes hidden in community (number of students: \_\_\_\_\_)
- Silver Shoe Package.** Consists of a silver shoe for you to hide on campus, a small prize for you to give the student who finds it, and guidelines for utilizing the shoe. We ask that you also distribute event fliers to all students if you'd like to have a shoe/prize for your campus.
- To wear Golden Shoes!** At least one principal or teacher at our school would like to wear Golden Shoes and an "Ask me about my Golden Shoes" button. You provide shoes – we'll return them painted golden with a button and sample talking points.
- Sample newsletter articles** about the Walk This Way event and Golden Shoe clues for us to include in our publications that go home with students.

**Please RSVP by returning soon** (August 22, 2008 at the latest) **to:**

- Healthy Shasta, 2660 Breslauer Way, Redding, CA 96001
- Email: [shirley@healthyshasta.org](mailto:shirley@healthyshasta.org)
- Fax: 229-8460
- Phone: 229-8243