



Dear Akelas,

## Do Your Best!

### Akela Information Letter

### October 30, 2014

Fitness 1,2 and 3 and Activity Artist 9

Today we reviewed the home assignment which was tracking the progress in our Fitness Activity Requirement, meal tracking and reviewing what it means to be fit in mind and body. We also did a Halloween craft for the Activity Artist requirement 9 and shared some Halloween scary snacks.

**Home Assignment:** New assignment Fitness 2- Start safety notebook- materials and instructions provided during the meeting. Fitness 3- Plan a week of meals with an Akela's help. Complete Fitness Requirements 4, 5, 6, 7 if not already done. Requirement 4 asks the scouts to keep a record of their daily meals and snacks for a week and decide if they have been eating foods that are good for them. Requirements 5-7 have your scout talking to a member of their family about the effects of tobacco, alcohol, and drugs. Please have your scout prepared to bring their meal record to our next meeting for discussion.

Please compile any achievements completed at home and turn in to either Shawn or Melissa for recording.

Remember to continue tracking their Athlete progress if not complete for credit tracking.

#### **Important upcoming dates:**

- Nov 1- Scouting For Food-8am- door hanging- St Paul's parking lot
- Nov 6- Den Meeting- 7pm- Hoagie orders due
- Nov 8-Scouting For Food-8am - food pick ups- St Paul's parking lot
- Nov 12-Hoagie order pick up
- Nov 13-No Den Meeting
- Nov 15-Pack Meeting and Popcorn pick up- Bake Off!
- Nov 16-Last Day for discount on dues
- Nov 20-Den Meeting- 7pm

Have a great week!  
Yours in Scouting,

Webelos Leadership Team: Melissa Fischl, Shawn Regits, & James Polles