

UNIFIED CHAMPION SCHOOLS

SEPTEMBER 2026 UPDATE

October Inclusive Fitness Challenge

➔ Fall Into Fitness Together!

Get your school community moving, eating well, connecting, and staying hydrated with a new challenge each week!

- 🍂 Week 1 – Fall Into Fitness: Move for 20+ minutes on 4 days. Walk, jog, dance—anything goes!
- 🍎 Week 2 – Fuel Your Body: Enjoy 5+ servings of fruits & vegetables for 3 days. Bonus: Cook a healthy meal with your family!
- 👋 Week 3 – Inclusion in Action: Give 20 different people a high-five in one day. Bonus: High-five someone new and introduce yourself!
- 👻 Week 4 – Halloween Hydration: Fill and finish your water bottle 5 days this week. Bonus: Watch the SONH Health Messenger athletes' [Captain Hydration – Episode 1](#) and [Episode 2](#)!

Start Strong: Complete Your 2026–27 Forms!

👉 [CLICK HERE](#) TO COMPLETE YOUR 2026–27 UCS AGREEMENT
This gets your school officially connected for the new school year.

👉 [CLICK HERE](#) TO FILL OUT THE UCS KICKOFF SURVEY
Tell us what your school is planning and how we can support you—and you'll be entered for a chance to win a Unified Fitness Starter Kit! 🏆

Get your year off to a great start—complete both forms today!



Unified Dance Is Taking the Stage!

Last year, Manchester Memorial High School launched a Unified Dance team, bringing 30 students together to learn and perform hip-hop and jazz routines. Now, the idea is growing, with the possibility of a statewide Unified Dance Showcase where schools can perform and come together for one culminating dance! A second school is already interested—could your school be next? If you're interested in exploring Unified Dance, contact MJ at mjh@sonh.org to join the conversation and help bring this exciting opportunity to more schools across New Hampshire!

Sport Shorts

What is Meaningful Involvement?

Meaningful involvement is a key principle of Unified Sports® that ensures every teammate has a valued role and an opportunity to contribute to the success of the team. It's about recognizing and respecting the different skills, strengths, and abilities each person brings to the game.



Coaches Corner

PLAY. LEAD. CONNECT. CREATE CHANGE.