

Parr's Ridge Morning Running Program

Who: Any 2nd grade student who attends Parr's Ridge

What: Students will develop healthy habits and build friendships through exercise and running.

When: Six consecutive Thursday mornings before the start of school beginning September 22nd (students are to come to school following their normal routine - arriving no earlier than 8:10am - they are to report to their classroom first where they will receive a pass to run until 8:40am)

Why: Research has shown that students who lead a healthy lifestyle tend to perform better in school and at home.

How: 2nd grade parents should sign and detach permission slip and send in to school no later than Monday, September 19th.

I give permission for my child _____ to participate in the Morning Running Program on Thursday mornings starting September 22nd .

I understand they will be running outside and my child will wear clothing appropriate for running and for the weather.

Parent/guardian signature

Classroom Teacher

Date

Yes, I am interested in volunteering for 30 minutes on Thursday mornings to help this beneficial program.

Contact Kelly Vasquenza (bk3c@comcast.net) or Lara St. Martin (larastmartin@yahoo.com) if you have any questions.