

Dear Longfellow Families,

Welcome back to another exciting year at Longfellow! We hope everyone had a very enjoyable summer break. We also hope students had an opportunity to stay active this summer by running, swimming, walking etc.



The Running Club will begin the second week of school. Students can run with us from 8:40 until 9:00 am. Running in the morning before school is a fantastic way to give students a head start. Running helps them wake up and release anxiety before they enter the classroom. Students will be recognized for every 5 miles achieved within each month and also for reaching milestones: 26.2 miles (marathon), 50 miles, 78.6 miles (triple crown), 100 miles, 135 miles (Elite Runners) and 200+ miles (our new "Ultra Team"). We have found that this recognition by peers and the school community is a great motivator to keep students running.

In order to make this program a success we do need your help.

1. Carefully review the Running Club rules below and discuss them with your child. These simple rules will help create a safe and pleasant environment for all. These rules will be posted and enforced on the track. Students cannot participate if these rules are not followed:
 - Before running begins, please wait quietly at the bottom of the stairs until called to the track by a responsible adult. When called, walk nicely from stairs to track and vice versa.
 - Students should wear athletic shoes to participate
 - Students must keep moving around the track
 - Students may run in small groups only (2 or 3 okay)
 - When walking or moving slowly, students should move to the outside of the track.
 - Absolutely no cutting corners, crossing the field or kicking cones.
 - Form one line when getting card scanned - no crowding in a group
 - Older runners must be careful of younger ones
 - Students must stay off the bank area
 - Be respectful toward others at all times

2. Encourage your child to participate. Talk to your child about the importance of exercise and show interest in their progress. Simply asking them how many miles they have run so far goes a long way to support their hard work. We also encourage you to join your child at the track whenever possible. Seeing family members walking or running with them will motivate them to participate. It is also a great way for *you* to sneak in 15 minutes of exercise into *your* day.

3. Volunteer a morning or two to help supervise students on the track. Our program is completely parent run, so we always need adults on the track in the mornings to supervise our runners and cheer the runners on. If you are interested in becoming a volunteer for the Running Club, please fill out the bottom portion of this letter and return it to your child's teacher.

By working together we will give Longfellow students the long lasting gift of great health.

Sincerely,

Running Club Team (runlongfellow@gmail.com)

Running Club Parent Volunteer Form

Please indicate your interest as a volunteer. We ask a minimum of a one month commitment, but will be happy to have your help any days you can contribute.



___yes, I would like to volunteer once a week.

___yes, I would like to volunteer 2x a week or more.

___yes, I can volunteer this schedule for at least one month.

Print Your Name: _____

Email Address: _____

Student name/grade: _____

Please return this form to your child's teacher.

Teachers, please place this form in the Los Compadres box in your mailroom.

Thank you!