

Brooke Grove Elementary School Student Strides Walking Club

Dear Parent or Guardian,

Brooke Grove Elementary School is proud to announce the ***Student Strides Walking Club***. The club is designed to encourage students to increase physical activity! The Club will walk approximately 1-2 miles on sidewalks in the Brooke Grove Community. Our School Nurse and Health Tech will lead this club on Tuesday mornings from 8:00-8:30am. Your child will learn a variety of physical activity-based lessons while walking. All students that join the club will receive a T-Shirt and water bottle for participating, plus incentives to keep them moving! The Student Strides Walking Club is a Mead Family Foundation grant-funded pilot initiative that focuses on raising awareness of the value of healthy lifestyles.

Who: Walking Club is open to 3rd and 4th graders at Brooke Grove ES
(Space is limited to first 12 students)

When: The club will meet once weekly for 6 weeks in the Fall and resume again in the Spring for a total of 12 sessions.

Fall Session- Tuesdays 8am-8:30am starting October 18, 2011-
November 22, 2011

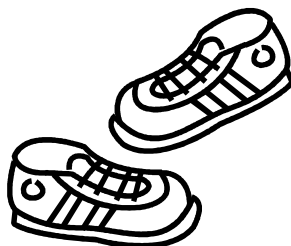
Spring Session-Tuesdays 8am-8:30am Feb 28, 2012- April 3rd, 2012

Where: Meet in Brooke Grove ES Health Room at 8:00am.

Please complete the attached permission form and return to Brooke Grove Health Room by October 12, 2011. If you have any questions or concerns, please contact us at (301) 924-3154.

Sincerely,

*Lynda Ralli RN SCHN
Kathy Lawson SHRA
301 924-3154*



Student Strides Walking Club Permission Slip

I give permission for my child to participate in the Brooke Grove Student Strides Walking Club for the 12 sessions during the 2011-2012 school year.

Name of Child

Grade and Teacher Name

Parent/Guardian Name (Print)

Parent/Guardian Signature Date

Emergency Contact

Emergency Contact Phone Numbers

Parent/Guardian Email

Health Concerns and Food Allergies