



September 1, 2009

Dear St. Patrick School Families,

On Thursday, September 10, 2009 we will start our "Mileage Club" during lunch recess. The Mileage Club is a school fitness program which promotes student wellness. Participating students are encouraged to walk, run, jog or even skip around a designated track, circling the soccer and playground fields.

The Mileage Club will meet every Thursday during lunch recess. All students in grades K-8 are welcome to participate in this fun activity. They will be supervised at all times by our coordinator, Mrs. Jennifer Post. Participating students receive bright colored toe tokens for each 5 miles that they log. They also receive certificates of achievement.

The Mileage Club program promotes positive behavior, good motivation, and strong character development. It helps fight the growing dangers of childhood obesity in our society today. In addition, the resulting cardiovascular fitness of the Mileage Club has been shown to contribute to better reading and math performance.

Please inform Mr. Donovan of any health issues or concerns your child/children may have.

(Detach and Return to School Office)



My child/children have permission to participate in the mileage club as a supervised, fun, school fitness activity.

Name(s) _____ Grade _____

Parent signature _____

Date _____