**October 2017**

**Plantation Oaks Elementary School**

**Physical Education Department**

**Dear Parents,**

 With childhood obesity a national concern, more and more schools are looking for ways to promote nutrition and exercise during the school day. Here at Plantation Oaks Elementary School we recognize this and are encouraging our students to lead a healthier lifestyle. Through a comprehensive school nutrition plan, health education and physical education classes, we hope to instill a lifelong understanding of what it means to be healthy.

 Research indicates that regular, school-based exercise and proper nutrition can boost academic performance and reduce disruptive behavior. Along with our health and physical education classes we will, once again, have a Run/Walk Club at POE.

 The Run/Walk Club will be open to all students and will begin at 7:50am each Friday beginning October 13th, 2017. Students are to report to the basketball court at the rear of the school. There, they will receive a punch card. This punch card will be used as a measuring stick enabling them to see how many total miles they have logged throughout the year.

 I would ask that you encourage your child to participate in this program. We will have rewards for those students who meet certain milestones. And of course the biggest reward of all will be the increased health of your child.

 If you would like to be a volunteer please see the attached flyer. We will need parents to help with the punch cards as well as being an extra set of eyes. I look forward to hearing from you and watching as your child grows into a healthier and more responsible young citizen.

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, agree to participate in this year’s Plantation Oaks Elementary School Run/Walk Club. I recognize that this is a privilege and not a right. I agree to show up on time, consistently try my best and be respectful to all of the participants including teachers, parent volunteers and other student runners.**

**I agree to show up at 7:50am each Friday wearing the appropriate clothing and agree to bring a water bottle that I am solely responsible for.**

**If a medical issue arises I agree to inform the teacher and provide all necessary paperwork from my parents or a medical professional.**

**Finally, I agree to represent my family, my school, and my fellow runners with dignity and pride. I am a Hawk and I will represent myself properly.**

**I give permission for my child to participate (YES / NO)**

**Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Home Room Teacher Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Name #1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Name #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I would like to be a parent volunteer (YES / NO)**

**Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***\*\*\*Please do not drive back to the soccer field to drop off your child. You may drop your children off in the regular “Car Rider” lane at the front of the school and they can walk back.***

***\*\*\*Please return this form no later than Thursday, October 12th. \*\*\****