

# PERMISSION LETTER – Tennyson Kilometre Club

*First run: Thursday, 5 April 2018, 8:20 a.m. (unless heavy rain!)*

Dear Parents:

As part of our overall fitness and participation program we are again organizing a school Kilometre Club Program. Teachers Sharon Preston, Amanda Kulokas and Jennifer Heath have kindly volunteered to head up the Kilometre Club this year, with the help of parents.

All students may enroll. Runners go at their own pace and the aim is to encourage fitness in a fun and inclusive setting; this is not a competitive program. Students run around the school block, collecting a popsicle stick for every lap (0.5 km) that they complete. We will then tally up the total number of sticks to add up the mileage covered by school runners. This year, we are adding lunch-time runs to the usual twice-weekly before-school runs. And we are not counting each individual runner's mileage but rather the collective total of all the runners. We will have a map of the province in the main hallway, on which we will chart the school's running progress. Let's see how far Tigers can run.

The kilometre club will meet two mornings a week, **Tuesday and Thursday, from 8:20 to 8:45**, running from 8:25 on. This will be supervised by parents. Students should wear running shoes, and meet on the front steps of the school.

Students in the club may also join to run at mid-day, on **Mondays, Wednesdays and Fridays, meeting at 12:25** at the front steps, and running from 12:30 to 12:45. These lunchtime runs will be supervised by teachers (Sharon Preston Monday, Amanda Kulokas on Wednesday, and Jennifer Heath on Friday).

For all runs, please make sure each student checks in with a teacher or parent volunteer when they arrive.

**This permission slip is to be brought to the first run or as soon as possible.** Each participant returning the permission portion of this letter, will have their name on the kilometre club board and will have their mileage counted toward the club's progress.

Interested parents are welcome to run or supervise as well, and we appreciate all help with logistics. **Parents of students in grade 2 and under need to ensure a parent chaperone is in charge of their child throughout the morning runs; this is not a drop-off event for these younger students.** The first run will be held on **Thursday, April 5<sup>th</sup>, at 8:20 a.m.** We hope to see you all there!

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**PLEASE DETACH AND BRING TO THE FIRST RUN. DO NOT** send to your child's teacher. Clearly print full name of child.

I hereby request that my child \_\_\_\_\_, who is in \_\_\_\_\_'s class in  
Division \_\_\_\_\_, be allowed to participate in the Kilometre Club.

Parent's Signature: \_\_\_\_\_

Parent name:

Phone number:

Email address: