



GILES MILES



Dear Parents,

We would like to re-introduce you to Giles Miles - The Wellness Committee's version of the popular mileage clubs that many local schools have in place. The idea is simple-- students will be given the opportunity to run/walk laps with the goal of running a mile... or more!

WHY: To get them moving! Giles Miles will stretch the limits of our playground offering the students the opportunity to release energy through running or walking-- known methods of elevating moods, and enhancing concentration.

WHEN: Giles Miles will happen during outdoor recess periodically throughout the year (check enews and the calendar) depending upon weather, scheduling, and volunteers! Any student with a permission slip on file may check in with the monitors and run or walk for as much or as little of their recess as they wish. 1st-8th grade students who wish to participate in Giles Miles **MAY WEAR THEIR GYM SHOES TO SCHOOL ON GILES MILES DAYS.**

HOW: 1-3rd will run along Linden and 4th-8th grade students will run on the Greenfield and Linden sidewalks. Parent volunteers will cover the corners and the alley and keep track of laps. Laps will be recorded and will accumulate for the duration of the program.

Each child who completes a mile (running or walking) will receive a toe-token. Toe-tokens are black and gold plastic foot charms that can be collected and worn on shoelaces, backpacks, as a necklace...wherever! This program is completely optional for the kids but we are hoping they will enjoy the chance to cover some distance!

Please return this permission slip acknowledging that you are aware of this program so that your child can participate if she or he chooses. Please let us know if you have any questions, concerns, or if you would like to volunteer to help. Thank you very much.

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I am aware of the Giles Miles program and give permission for my child to participate if he or she wishes during the 2016-2017 school year.

Student Name: _____

Grade and Teacher _____

Parent Signature: _____

