



Dear Fourth and Fifth Grade Families and Students,

We are looking forward to another wonderful year in physical education with many different games and activities. This year, we have a special program for both our fourth and fifth graders called “Final Mile” that takes place before school. This program will focus on running a half or whole marathon in small increments and will encourage a healthy, active lifestyle for our students.

The Final Mile Club is held each fall and will start on Tuesday, September 6th. It will be held every morning, Monday through Friday from 8:00 – 8:20 a.m. for 7 weeks. Each child will get a “Fit Card” and each time they run around the track (.25 miles) they will earn one hole punch on their card. Students that earn at least 12 miles will be invited to attend a special field trip in Rentschler Field with their physical education teachers to run that final mile (of a half or whole marathon) together with other students from across the state.

The program is part of a larger event called HMF FitKids in Schools which is part of the Hartford Marathon Foundation. The HMF Fit Kids in School program is designed to encourage a healthy, active lifestyle for students. Students across the state will accumulate mileage towards their goal of running a full marathon (26.2 miles) or half marathon (13.1) then come together to run their “Final Mile” and celebrate their achievement at Rentschler Field on a special earned field trip on October 25, 2016. A commemorative Finisher's Medal will be given to each child to celebrate their accomplishment. Special fitness activities, healthy snacks, and T-shirts are also included for each child that completes the 12 or 25 miles.

We hope that you will choose to challenge yourself as we start this new school year and join the Final Mile Club. Parents and families members can help encourage you each morning by running with you but the field trip is only open to our Fourth and Fifth Grade students. More information about the field trip will be distributed later in September.

If you have any questions please contact Mrs. Raymond at draymond@suffield.org.

PERMISSION SLIP

I give my son/daughter _____ permission to participate in the Final Mile Club which will be held every morning from 8:00 – 8:20. I will make sure I stay with my son/daughter until Mrs. Raymond or Mr. Desrosier is out on the track supervising this program.

Classroom Teacher: _____

T-Shirt Size: YM YL AS AM AL

Parents Signature: _____

Date: _____