



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 is an exciting year for our fourth grade students, as this is the first year you will get to take the official CT State Physical Fitness Test given in mid-October. To help you prepare for the test, we have a special program for you to participate in called the "Final Mile." For our fifth grade students, we would like to encourage you to stay physically fit and active so we are once again inviting you to join us as well.

The Final Mile Club is held each fall and will start on Monday, September 9<sup>th</sup> and continue through October 25<sup>th</sup>. It will be held every morning Monday through Friday from 8:00 – 8:20 a week 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 with their physical education teachers to run that final mile together with other students 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 29, 2019. A t-shirt and commemorative Finisher's Medal will be given to each child to celebrate their accomplishment.

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 in early October.

If you have any questions please contact Mrs. Raymond at [draymond@suffield.org](mailto:draymond@suffield.org).

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**SIGN AND RETURN PERMISSION SLIPS NO LATER THAN SEPTEMBER 11<sup>TH</sup>**

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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. Desrosiers is out on the track supervising this program.

Classroom Teacher: \_\_\_\_\_

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

Date: \_\_\_\_\_