

Come join the Franklin Running Club!



April 22, 2014

Dear Students, Parents and Guardians:

If you like to be active by walking or jogging, and are willing to get up a little early one day each week, the Franklin Running Club is for you! Running club is open to all students in grade 4, 5, or 6. All you need is a pair of running shoes, and a willingness to improve your fitness level by jogging or fast walking. We meet on Wednesday mornings at 8:15 AM to do a 2 - 3 km walk/run in the neighbourhood near the school. We are finished by about 9:00 AM before the entry bell rings. Please note that if it is raining, we will enjoy an active game in the gym. Spring running club starts on Wed., April 30 and ends on Wed., June 4.

Students need to be dropped off early for this club, but remember not to arrive before 8:10 as there is no supervision on the schoolyard at this time. We meet in the gym at 8:15 to sign in and do a quick warm up before we run. Parents are always welcome to join us.

Remember to bring your signed permission form to Wed. morning running club if you wish to participate. Please contact us at 519-570-8082 extension 6896 or <http://teachers.wrdsb.ca/staceyj/> using the contact page if you have additional questions.

Sincerely,
Franklin Running Club Staff

Student's name: _____ in grade ____ room ____ has my permission to participate in the Franklin Running Club on Wednesday mornings.

Parent Signature: _____

