

Mighty Milers



September 2016

Dear Parent(s)/Guardian(s),

Welcome to another fantastic year at Knowlton School! We are being challenged again this year to set a goal and complete as many miles as possible this school year. Maybe your child's goal will be 100 miles, maybe 75, 50 or 25. All are worthy goals and contribute to achieving the ultimate goal of helping us get more physical activity.

Students will have the opportunity to log miles during recess and on Friday mornings before school from 8—8:30am. Students can choose on which days they want to work toward their goals. Attendance on Friday mornings is completely optional, but will be a great way to get energized for the end of the school week. **We will start our Friday morning Mighty Milers program on Friday, September 23.**

Students will earn toe tokens for every 5 miles completed and there will be special awards for those who complete 25, 50, 75, and 100 miles. Only miles completed at school during recess or on Friday mornings will count towards the students' miles.

We have joined the Billion Mile Race and are working with schools across the country to try to accumulate 1 billion miles. Every mile our students do at Knowlton counts.

If you would like more information, contact Miss Lennox. We look forward to celebrating your child's accomplishments both on the walking path and in the classroom.

Sincerely,

Miss Lennox

lennox@knowltonschool.com