

## Mileage Club Volunteers

The Feelin' Good Mileage Club is a recess walking/running program for children. It is also used to turn recesses into an exciting and enjoyable physical activity program.

The Club is simple. Students walk on the school playground Tuesdays and Thursdays each week. Everytime a student completes a lap on the course they receive a popcicle stick. For each **five** miles the child walks, the child is rewarded. Toe Tokens (bright colored plastic feet to put on shoe laces or chains) are awarded to children for goals reached. All awards are designed to be a source of encouragement, recognition and positive image building. We will also be running a class contest. Which ever class walks the farthest will be awarded a special treat (to be announced in May).

We would love to have parent volunteers during these days for 30 minutes or 1 hour on the playground handing out the popcicle sticks, counting them and rooting the children on. If you are interested please fill out the form. Any questions please contact Karen Cuzzupe at 848-2610.

NAME

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DAYS AVAILABLE

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TIME AVAILABLE

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PHONE

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