

## Timber Creek's Morning Mile Program

Beginning on **Date TBD**, Timber Creek students will have the opportunity to participate in our Morning Mile club. This is open to all students in Kinder – 5<sup>th</sup> grade. Research shows that students are better prepared to learn when their day begins with exercise. Runners/walkers will start their day at 7:15 AM out by Tiger Field or on the walking/jogging track. They will walk or jog laps, while socializing with friends each morning. Miles will be tracked using the StrideTrack running program, and students will be rewarded with a necklace and running charms for every 10 miles they complete. They will also have the ability to track their progress from home. **This form must be completed and turned in to receive a mileage card, which will be scanned to track laps.**

There are many benefits to this program:

- Exercise helps to prevent childhood obesity, high cholesterol, diabetes, and other health concerns.
- Students expend youthful energy and go to class ready to learn.
- Students gain self confidence while getting more fit.
- Students develop a dedication to a healthy lifestyle.

Morning Mile will take place daily, Monday – Friday, weather permitting. **The Morning Mile Facebook page web address is <https://www.facebook.com/TCEmorningmile>. Please sign up for Remind by texting (310) 776-6515 and typing @tceemm for the message.** This will alert you, by text message, of changes or cancellations. We will move to the gym if the temperature/wind chill is below 34° or if it is raining.

We look forward to a healthy start to the 2020-2021 school year!

Laura Dutt and Amy Bailey  
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**Please fill out the information below granting your child permission to participate. This form must be signed and returned in order to participate.**

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Student's Name(s) \_\_\_\_\_ Teacher \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number \_\_\_\_\_

**Sign here** if your child has permission to participate in Morning Mile \_\_\_\_\_

*\*Thank you to our wonderful PTA for purchasing our Stride Track membership and promoting our Morning Mile Program.*