



When

- Every Thursday during lunch recess (except when raining)
- They get credit for each lap that they complete and receive a foot token to hang on their backpack every time they complete 8 laps!

Be Prepared

- **Wear running/athletic style shoes on Thursdays!**
- When kids are active during recess they go back to class ready to learn and with an increased ability to focus and remember!
- Kids also get the benefits that come from setting and achieving measurable goals.

Results

- Teachers and students love it! Throughout the year during the Mileage Club our students can complete enough miles to go all the way to Washington D.C. and back!



Mileage Club!

The Mileage Club is about to begin! This is a weekly program where students are given the opportunity run/walk laps around the track. They can set goals and track their progress every week in order to earn rewards! We look forward to getting outside with the club starting on:

THURSDAY MARCH 8th

PLEASE SEND YOUR CHILD IN RUNNING SHOES.

Volunteers are needed Thursdays between 12:30-1:30 to supervise the kids while they move around the track, count laps, hand out tokens, shout encouraging words and to give lots of high fives! To help please contact:

crge.boosters@washougalisd.org



These little plastic feet are powerful motivators. Kids love 'em!

