

Mighty Milers



September 2019

Dear Parent(s)/Guardian(s),

Welcome to another fantastic year at Knowlton School! Mighty Milers is an opportunity for students to be active, work towards goals and spend time with friends. All students in kindergarten through 6th grade are welcome to walk and/or run with us.

Students will have the opportunity to log miles on **Tuesday* and Friday mornings** before school from 8-8:30am and during recess. Students can choose on which days they want to work toward their goals. Attendance before school is completely optional and students can come either or both days. It is great way to get energized for the school day.

**We will have Mighty Milers on Tuesdays in September and October and then again after the snow and ice melts in the spring (probably April, May and June).*

You do not need to sign your child up to attend, but please make sure you sign your child in using the clipboard either on the basketball court if we are outside or in the main office if we are inside.

We will start our Mighty Milers program on Tuesday, September 17.

Students will earn special awards for attending and for achieving milestones (5 miles, 10 miles, etc.). At the end of each month, anyone who has completed at least 3 miles or attended Mighty Milers 3 times or more will get the monthly award in addition to mileage award toe tokens.

Only miles completed at school during recess or on Tuesday or Friday mornings will count towards the students' miles.

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