

## Go Far Program in RSD 13 Schools

Go Far is a non-competitive daily fitness and wellness program that encourages healthy exercise. Children benefit and learn about the importance of achieving a long term goal through our structured program. During recess, students run or walk laps and have their mileage recorded by a mentoring adult. Students are given small prizes every five miles and a t-shirt at 26.2 miles. Positive peer and community recognition is essential to the program and given to the students throughout their journey to wellness.

This is the sixth year that Go Far has run in Regional District 13. Kick-off week will be October 3. Lyman will start on Monday, October 3. Children earn prizes as they run laps during recess at school. We have found that this helps keep the kids engaged, motivated and enthusiastic. We culminate the program with a fun run in June at the Durham Fairgrounds, called Go Far, Go Fast.

We would like you to encourage your child in this endeavor. To do this, we need you to do two things consistently:

1. Please make sure he/she is wearing **sneakers** and his/her **charm necklace** on Go Far days. (Mon/Wed/Fri)
2. Send in an **extra water bottle** in your child's lunchbox for pre- and post-hydration.

In order to run this program, we need **help**. We need volunteers to commit to the program on a weekly, bi-weekly, or monthly basis. Parents volunteer during lunch hour each week from 12:10-1:20. This year, Lyman will have theirs on Mondays, Wednesdays and Fridays. **Younger siblings** are more than welcome; in fact they often participate in the program as well! We need help handing out popsicle sticks, prizes, and logging the children's mileage. If we don't have the commitment from enough volunteers on a given day, we will not be able to run the program.

Parent day will be the first day. Bring your sneakers and come and walk or run with your child!

If you are interested in volunteering, please fill out the following and send it to school with your child. If you have any questions at all, please contact Paula at [psanzaro@yahoo.com](mailto:psanzaro@yahoo.com).

Your Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Child's name/grade/: \_\_\_\_\_

Day(s) you can volunteer: \_\_\_\_\_