



## Go Far Program at John Lyman Kick off day – Friday, October 7<sup>th</sup>

Go Far is a non-competitive 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 the program.

This is the sixth year that Go Far has run in Regional District 13. Kick-off day for Lyman will be Friday, October 7. Children will 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 Go Far 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 lap counting 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.

If you are interested in volunteering, please contact Paula at [psanzaro@yahoo.com](mailto:psanzaro@yahoo.com) or Daniela at [danielagau@aol.com](mailto:danielagau@aol.com)