



Dear Parents,

The Colorado Health Foundation awarded SVVSD a Physical Activity Grant in the amount of \$1.4 million. The Physical Activity Grant is designed to support SVVSD in increasing the amount of student participation in daily moderate to vigorous physical activity (MVPA). Specifically, all 31 elementary and K-8 schools will receive funding and support to: implement opportunities for movement outside of the school day, incorporate movement breaks into classroom instruction time, and provide more opportunities for movement during recess.

In order to increase MVPA outside of the school day, SVVSD will implement the 100 Mile Club at all 31 schools. As 100 Mile Club participants, students can track the miles they walk or run during 100 Mile Club designated time at school, and at 100 Mile Club sanctioned community events. This allows ALL students to participate and is a great way to combine all of their activity towards a common goal—walking or running 100 miles during the school year.

The 100 Mile Club is a well-established national program that provides ongoing support and resources to schools (website, email, phone, newsletter, media tools, helpful suggestions and instructions). Students receive milestone incentives (Challenge Accepted ID card, t shirt, golden pencil, wrist band, and final certificate) along the way to help keep them motivated throughout the year. If students reach their goal of 100 miles, they are awarded a gold medal at the Year-End Medal Ceremony where every participant celebrates their total miles run.

Mead Elementary School will be implementing the 100 Mile Club on Tuesday and Thursday morning's beginning August 30th, 2016 from 8:20-8:50 a.m. The district website indicates our club meets Monday through Friday. However, every school sets a schedule that works for them. Please do not allow students to arrive at Mead Elementary School prior to 8:20a.m. on Tuesday's and Thursday's. Students are not permitted to play on the playground before, during, or after 100 Mile Club. There will be days that students will need to accumulate miles inside due to weather. Also, miles can't be accumulated on your own time. Miles can only be granted at 100 Mile Club sponsored events. The first district wide 100 Mile Club sponsored event is Saturday, September 17th, at the Longmont High School Track from 9:00-1:00. The final 100 Mile day will be Thursday, May 18, 2017.

The registration cost for 100 Mile Club is \$20 per student. This is an increase of \$10 from the past two years, since our grant funding period has ended. The additional \$10 will be used for costs associated with sustaining the program. Participants will earn incentives at 25, 50, 75, and 100 Miles. Parents are also encouraged to register and participate themselves,

Please register online using the St. Vrain Valley School District Website Link below or scan the QR Code. If you prefer to use cash/check and need a hard copy registration form, please pick-up one in the school office. You can also print your own hard copy from the website link.

<http://goo.gl/PA1WJF>



Thank you,
Robin Sagel
Mead Elementary School

