



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). In order to increase MVPA outside of the school day, SVVSD has implemented the 100 Mile Club at various schools throughout the district. Participants track miles walking or running during 100 Mile Club designated time at school, and at 100 Mile Club sanctioned community events. Participants strive to reach a common goal.

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 medal at the Year-End Medal Ceremony where every participant celebrates their total miles run.

Mead Elementary School will hold the 100 Mile Club on Tuesday and Thursday morning's beginning Tuesday, September 5th, 2017 from 8:20-8:50 a.m. 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. On inclement weather days, miles will be earned inside the school. Miles can't be accumulated on your own time. Miles can only be accumulated at 100 Mile Club sponsored events. The final 100 Mile day will be Thursday, May 17, 2018.

The registration cost for 100 Mile Club is \$20 per student. Participants will earn incentives at 25, 50, 75, and 100 Miles. Parents are also encouraged to register and participate.

Please register online using the St. Vrain Valley School District Website Link below or scan the QR Code. All registrations must be done online; no hard copy registration forms will be accepted.

<http://goo.gl/PA1WJF>



Thank you,
Robin Sagel
Mead Elementary School

