



**BULLDOGS OFF THE LEASH
WALKING CLUB**

September 8, 2011

Lace up those walkin' shoes! The WPS "Bulldogs off the Leash" Walking Club's fall session is set to begin during lunch recess on Monday, September 12 and will run for six weeks every Monday, Wednesday, and Friday through October 21. Please be sure to dress your children for the weather and have them wear sneakers if they plan on walking. When it's dry and nice outside, we walk around a measured track on the soccer fields next to the playground. If that field is wet or muddy, we walk on a similar track right on the blacktop of the playground. We have found that this activity helps keep our students physically active, encourages them to set and attain a goal, and even contributes to the reduction of disputes on the playground.

Every child will receive a Walking Club card on Day 1 and can begin walking or running laps. Each completed lap around the track is marked off by one of our volunteer helpers, and once six laps on the field or 12 laps on the blacktop are completed (= 1 mile), the children receive a colorful foot charm to keep and/or wear on their shoelaces or hand-made necklaces. For every 5-mile achievement thereafter, students will have their names read during the morning announcements and will also receive a special numbered charm to celebrate the milestone.

I hope you will encourage your children to be "Bulldogs off the Leash" this fall and join the ranks of some super walkers. After the completion of the spring session in May, the class who has logged the most miles in each grade wins an ice cream party! Last year as a school we walked 2,503 miles, and I would love to top that number in 2012! **NEW THIS YEAR:** Our theme is state capitals, and we will be "walking" to various capital cities on the map located on the Walking Club bulletin board next to the gym.

Thanks for all you do to support this fantastic program!

Dana McDermott
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P.S. If you are available and interested in helping with Walking Club, please contact me at 330.922.9959 or danasmcdermott@gmail.com.

