

Info for Teachers (Turkey Trot)

Ho'okele Elementary School

Teacher To Do Checklist PRIOR to the Event:

- ~~Thursday, September 14th:~~ Send home Turkey Trot Information to families
- ~~Monday, October:~~ Send home Turkey Trot flier.
- **November 20:** Send home the reminder about the Techy Turkey Trot. Jill/Liane will get you these reminders by Friday, November 17th.
 - Wear athletic covered shoes
 - Apply sunscreen prior to coming to school
 - Students are **HIGHLY** encouraged to bring water (labeled with child's first and last name).
- Make sure you know which students have medical conditions.
- Make sure you know which students do not have permission forms turned in. Students that
- didn't turn in permission forms may **NOT** run. Students will sit under your tent & cheer the class on while they run. If you (the teacher) decides to run/walk with your class, you may leave these students under the tent. There will be volunteers under each tent.

Schedule: Please note the START time. **The time displayed below is when students will begin running. Make sure you are under your tent BEFORE your running start time.**

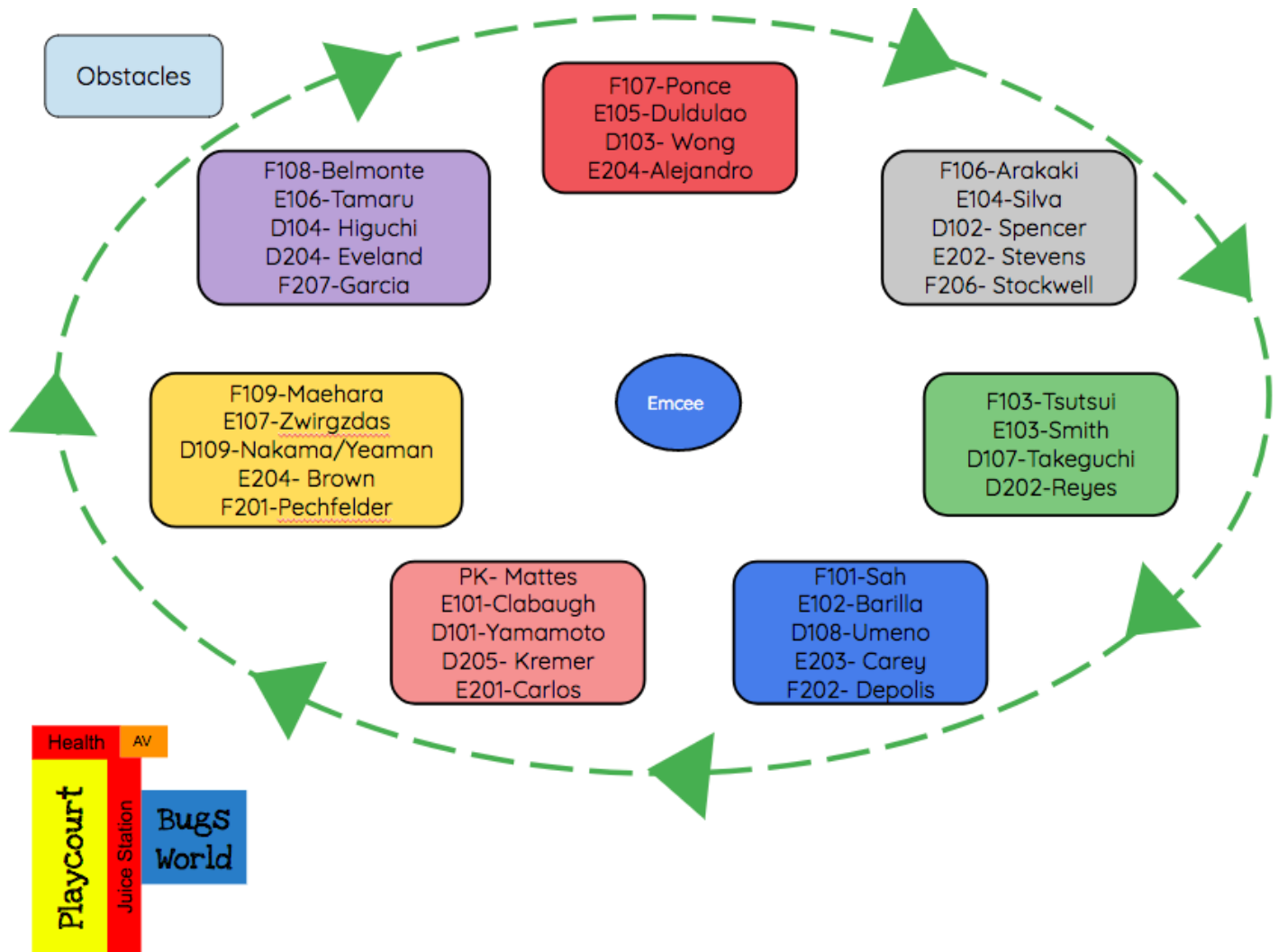
RUNNING/BREAK START TIME	DURATION	GRADE
8:20-8:40	20 min	Grade 5
8:40-8:45	*5 min	Break
8:45-9:05	20 min	Grade 4
9:05-9:10	*5 min	Break
9:10-9:30	20 min	Grade 3
9:30-9:35	*5 min	Break
9:35-9:55	20 min	Grade 2
9:55-10:00	*5 min	Break
10:00-10:20	20 min	Grade 1
10:20-10:25	*5 min	Break
10:25-10:45	20 min	Grade PK & K
10:45-11:45	1 hour	PTA & Volunteers Clean Up
1:15-1:45	30 min	Whole School Awards Assembly in Cafeteria

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Map: [Map for Techy Turkey Trot](#)

- Signs with Teacher Names will be posted on the pop up tent.



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Day of Turkey Trot:

- ❑ **PRIOR** to your scheduled run time, have students drink water and use the bathroom. Larger grade levels (please coordinate bathroom time so that all classes report to the field on time)
- ❑ **8 MIN PRIOR** to your start run time, walk your class (with water bottles) to the playground and report to your assigned tent for the Turkey Trot.
 - ❑ **Homebase:** Explain to your students that the tent with your room number is your homebase and this is where they can stop and rest or stop to drink water. Students will store water bottles under your homebase tent. Students should NOT be walking/running and drinking with water bottles (for safety reasons).
 - ❑ **Bands:** Students will be given a wristband to wear at the event. Please be sure to have student's bands on PRIOR to the start of the run. Students can stop at their homebase to have a volunteer tallymark bands if they wish to keep track of the number of laps they run.
 - ❑ **Stretch:** An ROTC/Air Guard member will be assigned to each tent. They will do stretching exercises (for only a few minutes) with your class to prepare them for the run.
- ❑ **START OF TURKEY TROT:**
 - ❑ All students should STEP OUT and SPREAD OUT from under their homebase tent to prepare for the Turkey Trot. Students will be running around the OUTSIDE perimeter of the easy up tents.
 - ❑ Make sure students space themselves to avoid trampling one another.
 - ❑ Kapolei HS ROTC program will set up activities on the outside perimeter of the track. If students get tired of running/wanna change up their activity, they can check these out. Students may continue running/walking once done. Here's a sample of what the activities may look like:



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❑ **END OF TURKEY TROT:**

- ❑ 1-2 min prior to the end of the run, students will be asked to cool down (walk) before reporting back to their homebase tent.
- ❑ At the end of the run, gather your students & belonging. Take your class to the playcourt to pick up a cup of juice or water. Escort students back to class.

ASSEMBLY:

We will have the Assembly to announce prize winners on the day of the Turkey Trot. Here's some info about the Assembly:

- 1:15-1:45 Please be seated in the cafeteria **by 1:15** for the Turkey Trot Awards Assembly.