



Dear Parents,

The Colorado Health Foundation recently 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 over the next two years 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 elementary and K-8 schools. We at Mead Middle School see the value in this program and would like to begin this program as well! 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 was one of two \$100,000 National Winners of the ASAP (Active Schools Acceleration Project) in 2012 (the other was Red Hawk Elementary). It 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 Middle School will be implementing the 100 Mile Club on Mondays & Fridays beginning on Monday, January 11th from 7:15-7:45 am. We will run on the track most days, but if the weather is too cold, we will run in the big gym. Grab your running shoes, bring some music and let's get moving!

The registration cost for 100 Mile Club is \$20 per student per year. If there are other students who need financial assistance, please contact Amanda McIntire (mcintire_amanda@svvsd.org). The \$20 registration fee covers the cost of all incentives earned throughout the school year. Parents are encouraged to register, participate and earn incentives as well!

A registration form is attached, but you are encouraged to register online if possible at:

<http://www.svvsd.org/about/departments/athletics-activities-fine-arts/svvsd-physical-activity-grant>



We look forward to moving with your child this year!

Thank you!