

PHS Walking Club.....Now Open!

WOW! the first week of the walking club and in 3 days
PHS has completed over 115 miles.

It is a wonderful program and we have a lot
of enthusiastic children.

Please make sure they have a good pair of athletic shoes.
You may also want to discuss your child's goals as to
how many miles they would like to accomplish in a month.

Once some of these children take off.....it's hard to get them to ease up a bit.
Let's work together to have injury free children and also to help
encourage the less active children to walk!

Feel free to walk with your child before and/or after school. They will love it!

CCK (Cross Country Kids Run)

Our first Cross Country kids run is scheduled
for Thursday at noon recess. The 4th grade will
supply water/apple juice and apple snacks for our "School Days Stomp" Run...(1/2 mile course)
Children have a choice to run/walk or not. If the child chooses to participate they will
be treated to a well deserved snack.

Also, children who complete EVERY cross country run will be awarded at the end of the year.
If children make the choice to play and not participate in the runs they will not receive the snack or
the award at the end of the year.

I would like to make this mandatory since it does benefit the children, but some
parents would like their children to make the choice, so this is what this program will be.

Last year we had an average 80 children participating in the runs.

Stay fit,
Kim Nygaard

