

We invite you and your family to join us
For Our Family Walking Program
"Cougars On The Move"
in
2017 - 2018



As we continue with our school-wide focus on Wellness, the ENTIRE student body will be participating in a walking program called, **"Cougars On The Move"**. This is a program designed to get our students physically active and walking during the school day at least once a week.

As we have done the last two years, we would once again like to extend the challenge to our families!

The program is SIMPLE. Walking is free. The time together is priceless. Studies have shown that walking reduces stress. The health benefits are endless.

All that is required to participate in the program is blocking off time in your family's schedule at least one time per week and enjoying **a walk as a family** and record your miles for us! All families who participate in the program will be recognized during our awards ceremony on the last day of school and *Certificates of Participation* will be given to the student(s).

**Please note: the awards ceremony on the last day of school is only for the students.*

If you would like your family to be a satellite participant of our walking program, you will find a mileage form on the reverse side of this flier. Future mileage forms will be e-mailed to current participants and additional forms will always be available via the Principal's weekly communicator on the Friday Folder.

All mileage forms will be due back on the first Friday of the following month. Our first form will be due on **Friday, October 6**.

To visually see who our family participants are, we also ask that you digitally send Mrs. O'Brien a picture of your family at Christina.O'Brien@sbschools.org to be displayed on **"Cougars On The Move"** Bulletin Board in the main hallway.

Let's make 2017 - 2018 the best year yet for our Family Walking Program!
Questions, pictures and mileage forms can be directed to Mrs. O'Brien.

If your family is interested in participating in this program:

□ Please e-mail Christina.O'Brien@sbschools.org and put in the subject line "FAMILY WALK- "Last Name of the Child"

□ Send or e-mail a family picture to Mrs. O'Brien by Friday, October 6th to be displayed on our bulletin board!

Please see the reverse side for September's mileage form -->

"Cougars On The Move"
Family Participant
2017 - 2018

Family Name: _____ E-Mail: _____
 Student(s): _____
 Teacher(s): _____

| Date | Number of family members who participated | Distance ($\frac{1}{4}$ mile, $\frac{1}{2}$ mile, $\frac{3}{4}$ mile, 1 mile etc.) | Total Mileage Family Members x Distance |
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| | | Total Distance: | Total Mileage: |

**Mileage Forms Due Back
 The First Friday Of The
 New Month!**

***Please make sure that your walks include a
 Cambridge School Student Representative!**