

T2 Running Club



Dear Parents,

TES students have an opportunity to be a part of a fun running program during SPA (recess). Our goals for the program are to promote physical fitness and to continue to encourage students to engage in constructive lunch/SPA activities. Here is how the T2 Program works:

- First, it's voluntary. Students do not have to participate unless they choose to do so, they only have to remember to wear their sneakers;
- A ½ mile running/walking course will be set up on the school grounds;
- Students may choose to walk, run or do a combination of both around the course. They can do as many laps as they would like during a recess period;
- As a student completes a lap, one of our parent volunteers will hand them a popsicle stick;
- For every mile completed a student will receive a necklace paw charm.

The program will run this Fall on the following Fridays: 10/12, 19 and 26 & 11/2. Encourage your child to participate!

Dr. Paterson