

Walking Wednesdays

What is it?

A weekly walking group held every Wednesday during lunch recess. Students will run/walk four laps of the back field. Once four laps are completed the students will receive a charm for a necklace. Four laps is roughly 1 mile. Most students will finish with about 5-10 minutes of recess left to play.

Why?

It is a fun way for students to socialize while being physically active together.

When?

Wednesdays K-2 Lunch recess (12:00-12:25)
3-5 grade (12:30-12:55)

How to get your student ready

Remind your student to bring his/her necklace to school on Wednesdays if they take it home. Some students leave their charm necklace at school on their desk.

How to Volunteer

Walking Wednesdays is completely run by parent volunteers. If you would like to learn more or volunteer you can sign up on the sign up genius.

<https://www.signupgenius.com/go/10C0B45ADA822A2FA7-50678447-fall>

*****We do not hold Walking Wednesdays on rainy days or days when recess is on the blacktop due to poor field conditions. We also cancel if the weather is too cold. On very hot days we have reduced the number of laps the students need to perform.*****

Participation is completely optional but it is always very popular among the younger students.