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South Country Central School District

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BUILDING PRINCIPAL
Kathleen Munisteri



Where EVERYBODY
Is SOMEBODY

May 18, 2010

Dear Parent/Guardian:

Fun Run and Fitness Testing at Verne W. Critz Primary School

The mile run is a component of the Physical Fitness Test, which is part of the Physical Education curriculum in the South Country School District and recommended statewide. Students prepare for the mile run by progressively increasing their jogging time. Children are encouraged to measure themselves, making a mental note how far they run in a set amount of time. That time is increased over the weeks prior to the actual timed mile run. Prior to the fun run the children have the opportunity to run a timed practice mile. Historically, most children run a faster mile when there is competition, as in the fun run. Whichever of the two is their best score, that time will be used for the fitness test. We discuss the difference in time vs. place finish. A person can improve both time and place; improve time but not place; or place but not improve time. The goal is for each child to improve his/her own time, just as adults do when they run in road races.

In all aspects of the fitness test, the scores reflect each child's individual abilities. It is reviewed with the children that everyone is good at something different and everyone should try to do the best he/she can. We reinforce with the students to acknowledge and appreciate each other when someone does something well. We model and encourage all students to demonstrate a positive team spirit by cheering for everyone.

This year the fun run will be **Wednesday, May 26, 2010**

11:00 am	3rd Grade
12:00 noon	1st Grade
2:00 pm	2nd Grade

The rain date will be Thursday, May 27, 2010 or the next available dry day. Please remember to have your child wear sneakers, socks, shorts or pants, t-shirt and sweatshirt if needed. You are welcome to watch the race and cheer the children on!

If you choose to attend the event for your child, there will be an area set aside for parental viewing of the race. Another area will be set up for the children to get water and cheer their classmates until the race is over. For safety and security concerns, your child must stay in this area. Once all children have completed the race, we will have a short outdoor awards ceremony.

We are looking forward to your continued support of this event.

Sincerely,

Kathleen P. Munisteri, Ed.D.
Principal

Lori Klamut
PE Teacher

Brian Satterley
PE Teacher