

Dear Grant Tiger Parents:

I would like to take a moment to inform you of a new program we are starting this year at Grant called the Mighty Milers. It is a physical education program designed to encourage students, and potentially their families, to take care of their bodies through exercise (particularly running). Through this program, the amount of miles your child has ran throughout the school year potentially during gym class, intramurals, recess or at home/sports will be logged. As the amount of miles they run increases, so does their physical wellbeing, potential incentive prizes (found on a further page) and incentives for the Grant Physical Education department as well. The program also runs monthly promotions that I will be able to inform you of as they come. All of this comes as NO COST to you!

You can help your student(s), as well as your family, improve their physical wellbeing and potential to earn prizes through the program by logging how much he/she has ran at home on the provided blank calendar. Please make additional copies. Then turn that calendar in once a month so the mileage can be logged into the program. To help, one city block in Kenosha averages out to be approximately one eighteenth of a mile; therefore, running from one corner to the other eighteen times would roughly equal out to running one mile. If you have a pedometer, approximately 2,115 steps also equals one mile.

For the first year attempting this program, the starting yearly goal by grade level is listed below. The incentives program does exceed these initial goals, so please feel free to change this distance on the bottom portion of this paper if you would like your individual student(s) to have a personal yearly goal and what I should set it as.

- K & 1<sup>st</sup> – **20 miles** by the end of the school year.  
If started right now, this averages out to only a half mile every week.  
Or, 9 times running corner to corner of a city block per week.
- 2<sup>nd</sup> & 3<sup>rd</sup> – **25 miles** by the end of the school year.  
If started right now, this averages out to only 2/3 of a mile every week.  
Or, 12 times running corner to corner of a city block per week.
- 4<sup>th</sup> & 5<sup>th</sup> – **30 miles** by the end of the school year.  
If started right now, this averages out to approx. a mile every week.  
Or, 18 times running corner to corner of a city block per week.

I will also need to know your child's shirt size as that is an item they can earn. Please fill out the bottom of this form and send it back with your child ASAP.

Thank you for the continuous support in your child's growth.

Mr. Englund

senglund@kUSD.edu

Grant Elementary Physical Education

-----  
Student's Name: \_\_\_\_\_

Classroom Teacher: \_\_\_\_\_

Shirt Size: YS YM YL SM MD LG XL XXL (Circle One)

Personal Mileage Goal (if different than above): \_\_\_\_\_ miles by the end of the school year.

| Student: |        | Teacher: |           |          | Month  |          |  |
|----------|--------|----------|-----------|----------|--------|----------|--|
| SUNDAY   | MONDAY | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |

| Student: |        | Teacher: |           |          | Month  |          |  |
|----------|--------|----------|-----------|----------|--------|----------|--|
| SUNDAY   | MONDAY | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |

| Student: |        | Teacher: |           |          | Month  |          |  |
|----------|--------|----------|-----------|----------|--------|----------|--|
| SUNDAY   | MONDAY | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |
|          |        |          |           |          |        |          |  |

