



- WHAT:** A before school walking/running program designed to help students begin each day in an active, healthy and fun way.
- WHEN:** The program will begin on **Wednesday, September 20, 2023** and will run the entire school year.
- WHO:** Students **3<sup>rd</sup>-5<sup>th</sup>** Grade will run **Mondays, Wednesdays, and Fridays!**  
Students **1<sup>st</sup> – 2<sup>nd</sup>** Grade will run **Tuesdays and Thursdays!**  
**Kindergarteners** can run any day ***with a parent present!***
- WHERE:** **Chiles Track** (each lap = .1 miles)
- TIME:** **7:15 AM to 7:35 AM**
- WHY:** To promote an active, healthy lifestyle starting at a young age
- COST:** ***Free***

Coach Purvis and parent volunteers will staff the program.

Each morning,

- the students run, or walk, around the track
- the laps will be totaled
- the students will be rewarded as they accumulate miles

Exercise not only works to fight childhood obesity, it allows students an opportunity to expend youthful energy and socialize. This helps them focus once the school day begins. It's a win-win for everyone involved and Lawton Chiles Elementary is thrilled to promote fitness and all the great benefits that go with it.

*Please eat breakfast first.*

For more information about The Morning Mile please visit [www.MorningMile.com](http://www.MorningMile.com) or join the Morning Mile Facebook page.

**Parents** are welcome to participate with their children or volunteer in the program. For information on how you can get involved, email **[LCESmorningmile@gmail.com](mailto:LCESmorningmile@gmail.com)**

## MORNING MILE GUIDELINES and BASICS:

- Students will complete as many laps as they are comfortable with between 7:15 AM and 7:35 AM. The number of laps completed each day will be uploaded to our online database. **10 laps equals 1 mile.**
- When the student reaches a total of 5 miles, he or she will receive a necklace chain with one colorful charm. They will continue to receive one charm for each 5 miles completed. Students will also receive a number “100” charm for every 100 miles they complete. Yes! Many students will complete several hundred miles!
- Students are encouraged to wear their Morning Mile achievement necklaces to school.
- Parents wishing to walk/run with their child are encouraged to do so.
- Age appropriate songs will be played during Morning Mile.
- Students are expected to be on their best behavior and may be asked to leave MM if their behavior is contrary to school standards/rules.
- There is NO minimum lap count required. Even the youngest students can accomplish great things a single lap at a time.
- **Weather CANCELLATIONS: The Morning Mile will NOT take place in the RAIN or when temperatures are BELOW 40 degrees. Please check the Chiles PTA website for last minute weather changes.**

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Please complete and return this bottom portion to your **child's teacher ASAP** for your child to participate in The Morning Mile program. All information is needed for your child to participate. Please write clearly.

Child's Full

Name: \_\_\_\_\_

Grade/Homeroom Teacher: \_\_\_\_\_

Parent's Full

Name: \_\_\_\_\_

Parent's phone number and email: \_\_\_\_\_

**Teachers: Please return completed forms to the Front Office.**