



Dear Parent/Guardian,

Kingswood Elementary is pleased to be offering **Kids Run Club** beginning April 24, 2023 and ending May 29, 2023. Our club will run every Monday from **3:00-3:50PM**. Thank you to Jeff Badcock who has volunteered to lead our program this year.

Students in grades 3-6 are invited to join, regardless of fitness level or experience with running. Walking breaks will be encouraged when necessary and students will gradually build their stamina with each run they do. Kids Run Club is all about *fun*, not competition.

This program is being offered at no cost. Your role in making it happen is to ensure your child arrives prepared. Outdoor runs will occur whenever possible so please make sure your child comes to school with clothing appropriate for weather conditions. All participants must wear sneakers for running. High-heeled shoes, sandals, Crocs and boots are not permitted. **Students will need to be picked up at 3:50pm.**

Please advise the coaches if your child may experience difficulty participating in a vigorous activity like running for any reason. Also, please provide all information regarding any medical condition which may limit your child from participating in Kids Run Club or any medication or dietary requirements your child may require while running.

If you're interested in helping with Kids Run Club, please include your contact information on the permission slip below. All volunteers must have their Criminal Record Check and Child Abuse Registry on file at the school.

If you have any questions please reach out to Jacklyn O'Leary at [joleary@hrce.ca](mailto:joleary@hrce.ca).

Sincerely,

Kingswood Elementary School



**School Permission Slip for Kids Run Club**

I, \_\_\_\_\_, give my child \_\_\_\_\_ permission to participate in Kids Run Club at Kingswood Elementary School.

Child's Class \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Yes, I am able to help with the program. I have completed and filed Criminal Record Check and Child Abuse Registry at the school.

Phone: \_\_\_\_\_ (phone #) Email: \_\_\_\_\_