

Coming this March!

What is Girls on the Run?

Stretch yourself – physically, mentally, socially and emotionally. Girls will be inspired to a lifetime of self-respect and a healthy lifestyle through an innovative program that combines training for a 3.1 mile run/walk race with a fun, health education lesson plan. This program promotes individual achievement and self –confidence. Girls gain self-esteem and learn healthy lifestyle habits while training for a 5K run/walk race.

Girls on the Run is a nonprofit organization dedicated to helping girls stay out of the “Girl Box” – a place where girls are valued more for their outward appearance than their character inside. We are working to reduce at-risk behaviors such as substance abuse, eating disorders, teen pregnancy, and poor nutrition.

(ONLY FOR GIRLS IN 3rd-5th GRADE)

What if I don't like to run?

We use the term “running” loosely – girls can run, hop, skip, speed walk or dance towards their goals. The lessons promote self-challenge instead of competition; self-worth instead of societal worth; and cooperation instead of rivalry.

Our goals for each girl are to:

- Understand her place in the community
- Have strong sense of identity
- Learn how to give and receive support in a group
- Learn to stand up for herself in a healthy manner
- Have an improved body image
- Complete a 5K run/walk event in the community

I am interested in signing my child up: YES NO

My child's name is _____

Grade/Age: _____

Parent Signature: _____

PLEASE RETURN TO MRS. GARDNER IN ROOM 210