

LAKEWAY ELEMENTARY SCHOOL
2009-10



Before School Walking Program

- Mon – Fri
 - All weather, except for pouring rain (Walk the halls)
 - 7:30- 7:50
 - Permission slip required *Sneakers Please
 - Daily attendance * **All Five** in the winter
 - Award system (All 5 days in the week)
 - Back packs go in the gym on arrival.
 - Breakfast must have been eaten prior to walking
- * Mrs. Blampied will run the program with support.

My child _____ Teacher _____

has permission to participate in the walking program prior to the start of the school day.

Start Date: In progress End Date: June 4th

Parent/Guardian

Signature _____ Date _____

Parent Volunteers Welcome!

Parent name _____ Days Available _____

Benefits of the program

A recent study on 20, 9 year old students given by Charles Hillman, a professor of kinesiology and community health and director of Neurocognitive Kinesiology Laboratory at Illinois, suggests that physical activity may increase students' cognitive control –or ability to pay attention – and also result in better performance on academic achievement tests. An increase in reading scores were most evident, reading comprehensions were increased by a full grade level. Physical activity also has a positive affect on behavior and health. www.sciencedaily.com