

Porter KM Club Permission Form



Dear Parent/Guardian:



The purpose of this letter is to inform you of this proposed extra-curricular field trip involving your child, and to seek your support and written permission for your child to participate. Please note that participation in this activity is strictly voluntary.

The Kilometer Club is back! Derek Passaglia, our Principal, is the staff sponsor for this activity. Roger Boon and Jacquie Hutchinson (parent volunteers) will be this year's coordinators. We would like to encourage you and your children to join us once per week for some fresh air and exercise! Our goal is to have as many Porter students, grandparents and parents as possible running or walking around Como Lake once a week. We will keep track of all kilometers traveled individually and as a group. Running and walking are wonderful lifetime fitness activities and "healthy body equals healthy mind"!

The club will be open to **ALL** Porter students (and staff) as well as to any parents/guardians who wish to improve their fitness in a fun and supportive environment. The KM Club will operate on a "drop-in" basis every Tuesday beginning on Tuesday September 13th 2016

We will meet in the gym at 2:55 p.m. for attendance and stretching then walk as a group to Como Lake via Cornell Avenue. Students will be given pinnies to wear. We will start off slowly and gradually build up our stamina. The first few times we will run/walk gradually build up to a 50 minute workout. Each child will receive a popsicle stick for each completed lap. At the end of the workout students return their pinnies and Popsicle sticks. Students will then follow a cool down routine before they are dismissed.

Safety is of utmost concern to us. Each student will wear a pinnie. The laps will be recorded on the attendance/sign out sheets. **All children must be picked up and ~~g~~ BY ~~ci~~ HVUW at 9V~~W~~ Porter's North Parking Lot at 4:10 PM.**

Sometimes KM Club can be cancelled due to severe weather.
Check the school website (<http://www.sd43.bc.ca/elementary/porter>) each Tuesday to see if KM Club is on or not.

School District #43 (Coquitlam) has the requirement that student field trips meet a minimum child to adult ratio. For primary grades (K, 1, 2, and 3) the ratio is 1 adult for every 6 children. For the intermediate grades (4 and 5) the ratio is 1 adult for every 8 children. In order for KM Club to run each week, we must adhere to these ratios. If we don't have committed volunteers we won't have a KM Club. This is a very popular activity, so you can see how important you are to its success.

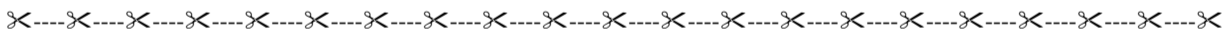
If you wish your child to participate in the Km Club please complete the form below and return it to the school. Again, the club starts on Tuesday Sept, 2015. If you wish to participate in this activity and/or assist in the Club please include this information too. We look forward to seeing you on Tuesday ~~U^] A HICEF~~



Note: The Km Club will meet rain or shine so please dress your child accordingly and provide a water bottle. Please remind your children to treat the park with respect, stay on the path and give their best effort.

If you require additional information please feel free to contact; Roger Boon (778-882-0052) - boon.roger@gmail.com

(We will need additional parents to escort students around the lake, to distribute and collect popsicle sticks and to take attendance at the start and end of each session. You could run or walk and still do these tasks if you wish.)



ÉCOLE PORTER STREET ELEMENTARY P.A.C. KM CLUB PERMISSION FORM

I read the information regarding the KM Club and I give permission for my child _____ in Grade _____ to participate in the KM Club after school on Tuesdays. I understand that my child may be exposed to a risk of injury due to accident while participating in this activity.

Medical concern if any _____



Parent Helpers

- Yes, I wish to volunteer as a parent helper.
- Yes, my Volunteer Application forms and Criminal Record Check have been approved and are on file in the school office.

 Name (please print)

 Phone Number

While schools staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of activities or during transportation, and may occur without fault on the part of the student, school board, its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are agreeing that the activity described above is suitable for your child, and that there is a risk of injury associated with the activity and travel.

My child and I understand that both the district and school's code of Conduct applies during the field trip. I will be responsible for any costs caused by my child's failure to abide by the Codes of Conduct, including any costs to send my child home.

Parent Signature _____ Parent Contact number in case of Emergency _____

Please come to the gym at 2:55 p.m. on Tuesday Sept 13, 2016