



**2018-2019 Porter Km Club Permission Form**

The Kilometer Club is back! Derek Passaglia, our Principal, is the staff sponsor for this activity and Laura Ziefflie (parent volunteer) will be this year's Km Club Coordinator.

The KM Club is a drop-in afterschool activity that is intended to promote fitness in a fun and social environment. Everyone is welcome! Our Km Club will be open to ALL Porter students and staff as well as any parents, grandparents, guardians and siblings who wish to improve their fitness.

Participants will meet **every Tuesday** after school at 2:53 pm at our north undercover area.

**The first run will be on Tues Sept 25, 2018.**

- 2:53 – 3:00 pm attendance (students given pinnies)
- 3:00 – 3:10 pm stretching
- 3:10 – 3:40 pm participants will run or walk the predetermined 500m loop around the school and receive a popsicle stick for each completed lap; 2 laps completed equals 1 km
- 3:40 – 3:45 pm cool down & return pinnies



Students will be able to achieve kilometer goals (example: running 10 kms) with incentives throughout the year and at the school's Year End Student Recognition Assembly. The incentive is a colorful running shoe token you would keep on a neck-chain or carabiner attached to your backpack.

**VERY IMPORTANT:**

- Student safety is our number 1 priority; all participating students **MUST** wear a pinnie; all students must sign in **AND** be dismissed to a responsible adult
- The Km Club will run rain or shine; so, please dress appropriately for the weather
- Bring a water bottle
- Please note: there will **NOT** be a snack provided
- **PICK-UP MUST BE NO LATER THAN 3:45 PM SHARP**
- Respectful behaviour is essential to our Km Club's success; please review proper behaviour and the school's Code of Conduct with your child prior to our first session

**THERE WILL BE A KM CLUB KICK-OFF ASSEMBLY this Thurs Sept 13 at 9:15 am.**

For our Km Club to operate efficiently and successfully, we will need additional parent volunteers to supervise students, take attendance, distribute pinnies and hand out popsicle sticks and.....it is very possible to help with these tasks **AND** get in a few laps yourself 😊

If you wish your child to participate in our Porter KM Club please complete the form below and return it to school **NO LATER than next Mon Sept 17, 2018.**

Sincerely,

Laura Ziefflie, Parent Volunteer Km Club Coordinator

Derek Passaglia, Principal



**ECOLE PORTER STREET ELEMENTARY PAC KM CLUB PERMISSION FORM**  
**DUE BACK to office on: Mon Sept 17, 2018**

I have read the information regarding the KM Club and I give permission for my child \_\_\_\_\_ in Grade \_\_\_\_\_ / Div \_\_\_\_\_ 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 concerns:** \_\_\_\_\_

I request that my child (**PLEASE PRINT FIRST AND LAST NAME**), \_\_\_\_\_, in Gr \_\_\_\_\_ / Div \_\_\_\_\_, participate on the École Porter PAC Km Club this 2018-2019 school year. My child and I understand that she/he must:

While the Porter PAC and school staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent with this activity and may occur without fault on the part of the student, school board, its employees or agents. 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.

My child and I understand that both the district and school's Code of Conduct applies during this Km Club after-school activity.

- Yes, I wish to volunteer as a Parent Helper
- Yes, my Volunteer Application Forms and Criminal Record Check have been approved and on file in the school office
- No, I have not completed and submitted the Volunteer Application Forms and Criminal Record Check

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

Date: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent Cell (text): \_\_\_\_\_

If you volunteer you must have completed ALL of the necessary volunteer forms and CRC. This can be found on our Public Website by going to: <http://www.sd43.bc.ca/elementary/porter/Parents/Forms/Pages/default.aspx>

**Running and walking are wonderful lifetime fitness activities and the improved stamina your child will develop will assist her/him with their overall general physical and emotional well-being.**