



ÉCOLE DOROTHY LYNAS ELEMENTARY SCHOOL

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Dear Parents:

This year the **Dorothy Lynas Kilometre Club** will be officially “off and running” on **Monday, April 30th**. Parent volunteers will supervise the children while running around the perimeter of our path in the District park located west of our school from **8:10 to 8:40 a.m.** on Mondays, Wednesdays and Fridays. This year’s season will end on **Wednesday, June 6th**.

It is great to see the enthusiasm of the students participating in the Kilometre Club. In the spirit of encouraging the students to incorporate exercise into their day, both at home and at school, we would like to include walking to and from school in the calculating of kms. This seems only fair since some students walk long distances rather than get a ride. ***Rollerblading and cycling will however not be considered as completing kilometers.*** We would appreciate a note signed by a parent indicating the number of kms walked/run outside of school.

Don’t forget to have your child bring a water bottle since students have to wait until the bell rings before going into the Annex or the Main School.

For those of you who are new to the KM Club this year, here’s how it works: All Primary students are invited to run laps around our “park loop” by the playground. We measured that one kilometre equals 4 laps around the loop. As the students complete one lap they receive a “specially marked” popsicle stick. When they have completed 4 laps, they may trade in their popsicle sticks for a km paper. It is the student’s responsibility to hold onto their sticks until they complete that kilometre, and to hold onto any km papers until they have been recorded onto a classroom chart. Students will be rewarded with a special ribbon for every 25 kms they complete.

Please note there will be no KM Club on rainy mornings. This is for safety concerns and because the teachers would prefer not to have wet children arriving to class in the morning.

Are you interested in Volunteering to help supervise the morning runs? Please send an email outlining the mornings you are available (Monday, Wednesday or Friday from 8:10-8:40) to Zara, the KM Club coordinator, at zaraburgess35@gmail.com.

The Primary Team

PS: There are many online resources that calculate run/walk/hike distances. Try mapmyhike.com or mapmywalk.com for a North Vancouver hiking and walking trails.

CODE OF THE DRAGON

RESPECT • RESPONSIBILITY • SAFETY