



What is Go Far?

Go Far is a non-competitive daily fitness and wellness program that encourages healthy exercise. Children benefit and learn about the importance of achieving a long term goal through our structured program. During recess, students run or walk laps and have their mileage recorded by a mentoring adult. Students are given small prizes every five miles and a t-shirt at 26.2 miles. Positive peer and community recognition is essential to the program and given to the students throughout their journey to wellness.

This is the ninth year that Go Far has run in Regional District 13. On the first day of Go Far, any child who runs one mile will receive a charm necklace. Throughout the year, the child is able to earn various charms to add to their necklaces. We have found that this helps keep the kids engaged, motivated and enthusiastic in between earning their mileage charms. For the past 6 years, we culminated the program with a fun run at the Durham Fairgrounds, called Go Far Go Fast.

We would like you to encourage your child in this endeavor. To do this, we need you to do three things consistently:

1. Please make sure he/she is wearing **sneakers** on Go Far days.
2. Please make sure he/she is wearing or has a safe place to store his/her **charm necklace** on Go Far days. (i.e. in a pocket of the backpack)
3. Send in an **extra water bottle** in your child's lunchbox for pre- and post-hydration.

The program is run entirely by volunteers. **We need help!** We would like to start at the end of September. Korn will run from 12:00-12:30 on Go Far whichever days we have the most volunteers. We would like to do Mon/Wed/Friday if we have enough people to do so. Please note your availability below.

John Lyman and Brewster will be Mondays, Wednesdays, Fridays 12:10-1:15 for grades one and two; 1:30-1:50 Wednesdays for Kindergarten. (possibly a different day for kindergarten, depending on volunteer's schedule)

Younger siblings are more than welcome and can participate in the program while you volunteer. If you have questions or would like to volunteer to help out, please contact gofarchildren@gmail.com . If we don't have enough confirmed volunteers on a given day, we will not be able to run the program.

If you are interested in helping, please fill in the information below this line and send in to school or send an email to address above.

Your Name: _____ e-mail address: _____

Cell Phone number: _____

Child's name/grade/school: _____

Day(s) you can volunteer: _____

School you would like to volunteer in: _____
