

St. Michael Catholic Secondary School
Health and Physical Education Department

“Learn to Run Initiative”

Dear Parent/Guardian,

As you know, your son or daughter is enrolled in a Health and Physical Education class this semester. One of the goals of our department is to promote active living through all four years of your child’s high school experience and hopefully instill a life-long passion for activity.

To that end, we are undertaking a new ‘learn to run’ component in most of our H&PE classes. Once a week, students will be challenged to gradually run (walk/jog) a maximum distance of 5km. We will be running outside of the school building in the surrounding community, throughout this semester (weather permitting).

Students will start off with running a 3km and over time work up to a 5km route. The basic route will take students in and around the area of St. Michael’s CSS – we will not be crossing Hwy 50. Teacher’s will be both participating and supervising the students along the entire running route, however it is expected that all student s abide by the ‘rules of the road’ when crossing at traffic lights/intersections.

Why are we undertaking this initiative? Simply put, the benefits of running are clear, and we want to equip our students with every possible tool to be successful in their lives once they leave St. Michael’s. Below is an edited list of some key benefits to starting a running program. We think you will agree that this undertaking will reap rewards far into the future and is in the best interests of your son/daughter.

Health Benefits: Strengthens the heart and lungs; lowers blood pressure; reduces cravings; helps manage body weight; prevents muscle and bone loss; helps fight disease and boosts the immune system.

Psychological Benefits: Improves self-confidence, attitude and focus; increases feeling of happiness and exhilaration; reduces feeling of stress, depression and anxiety.

Social Benefits: Builds a sense of community/camaraderie; opportunities to contribute to society.

Information edited from – About.com: running and jogging

We anticipate your continued support in the education of your child, and we hope that you will encourage them to participate in this meaningful activity to the best of their abilities.

Should you have any concerns, please do not hesitate to contact your child’s Phys. Ed. teacher at (905) 951-8935.

Thank you!

Mr. Banks, Mr. Ceccarelli, Mr. Duchich, Mr. Durigon, Ms. Indellicato, Mr. Molle, Mr. Pupo, Ms. Schrei.

M. Battaglini – Principal

Please sign, cut and return the bottom portion of this form as an indication that you have read the above letter, and give your son/daughter permission to participate in the ‘Learn to Run’ program.

Student Name (printed)

Parent/Guardian Signature