

*Article By **Charles Silberman**. Email Charles at charles.silberman@pgcps.org to ask additional questions. Published on PE Central: 3/28/12.*

Dear Charles,

I wish to do an event of some kind to bring awareness to childhood obesity. Any suggestions?

Ms. Buck

Dear Ms. Buck,

I do an event every year tailored towards this. Below are all the documents I use. Feel free to make them your own. The event is simple. During specials time, the students run/walk around a set perimeter that measures a mile for the allotted time for their specials. They see how many laps or miles they can run/walk based on the, which we practice in advance of the event. Staff can and usually do join in. And it is a great way to raise awareness about the epidemic and money for your program to buy equipment to help with resources that can help educate students about the risks of obesity and how to prevent it.

The documents are pretty self explanatory. Make sure to get your principal's signature on the documents going to parents, and the logistics documents are for you, the administration, and the custodial staff so they can know and help with set up/clean up and obtaining supplies. Moreover, make sure to follow your county or school policy for permission form and money collection.

Charles

You can reach me with your question or comment at charles.silberman@pgcps.org. You can also learn more about me at www.charlessilberman.com and follow me on twitter ThePeGuy.



Sunshine Elementary School
Run/Walk
Parent Notification Letter

Wednesday, March 28, 2012

Dear Parents/Guardian,

Sunshine Elementary School is having its **“Run/Walk” to erase obesity on Friday May 25, 2012**. We asking for monetary donations in order to purchase resources that will allow us to educate your child on the dangers of and preventions for childhood obesity. As we did previously, we are doing the run/walk to raise awareness about Childhood Obesity and the subsequent importance of a healthy lifestyle, including daily physical activity.

According to the Center for Disease Control and Prevention, “17 percent of children and adolescents ages 2-19 years are obese.” Childhood obesity is of serious concern because of the myriad of risks it involves, which can include diabetes, heart disease, sleep apnea and physiological issues. These risks often continue into adulthood. For example, one study found that approximately 80% of children who were overweight at aged 10–15 years were obese adults at age 25 years. If this trend persists we are facing the probability that we will outlive our children. It is up to use to make sure we reverse this trend. That is why we are asking for your help!

Obesity can be a complex issue rooted in many factor. However, one of the simplest ways to combat obesity is to exercise at a moderate level, which is defined as consistent physical movement while being able to talk in conversational tone, for 30 – 60 minutes a day. Therefore, Sunshine Elementary School is purposing our run/walk to spotlight the childhood obesity epidemic, and we ask that you help support us in this cause by further educating yourself and your child about the importance of leading a healthy lifestyle.

For more information and education on this issue please visit: <http://www.cdc.gov/obesity/index.html> or <http://www.cdc.gov/healthyweight/children/index.html>. You may contact me at 301-333-xxxx or charles.silberman@pgcps.org with any further questions.

Please fill out and return the included permission slip by no later than Thursday, May 24th. Your child WILL NOT be able to participate otherwise.

Thank You,

Charles. S. Silberman

Sunshine School's
 "1K Race" To Erase Obesity!!
 Friday, May 25, 2012

RUN/WALK SPONSOR FORM

STUDENT NAME: _____ TEACHER: _____

I pledge to run/walk during my specials for 30 minutes. Please sponsor my efforts in support of the "1K RUN/WALK" FOR Obesity with a donation below. The goal of the 1K Run/Walk for Education this year is to raise \$3000.00 for Physical Education resources to help combat obesity. All monies are due by **Friday, May 25, 2012**.
Only cash/money order donations accepted.

THANK YOU FOR YOUR SUPPORT.

SPONSOR NAME	AMOUNT DONATED	SPONSOR NAME	AMOUNT DONATED
1.	\$	11.	\$
2.	\$	12.	\$
3.	\$	13.	\$
4.	\$	14.	\$
5.	\$	15.	\$
6.	\$	16.	\$
7.	\$	17.	\$
8.	\$	18.	\$
9.	\$	19.	\$
10.	\$	20.	\$

Student Signature: _____ Parent Signature: _____

Sunshine School's
"1K Race" To Erase Obesity!!
Wednesday, May 26, 2010

RUN/WALK PERMISSION FORM

STUDENT NAME: _____

TEACHER: _____ GRADE: _____

PARENTS OR GUARDIANS _____

PHONE: (W) _____ (H) _____

DOES THE PUPIL HAVE ANY OF THE FOLLOWING CONDITIONS:

(Please check all that apply)

- HEART CONDITION (*Explain*) _____
- POLLEN ALLERGIES (**Will the allergies prohibit the pupil from participating in the event?**) _____
- BEE/INSECT ALLERGIES
- PROBLEMS FROM EXPOSURE TO THE SUN FOR MORE THAN 30 MINUTES
- ASTHMA
 - o If yes, does the pupil have an inhaler registered with the school's nurse or with him/her at school? _____
 - o Does the pupil use a Nebulizer? _____ If yes, is the medication and nebulizer registered with the school's nurse? _____
 - o Has the pupil had a Nebulizer treatment within the past week?

I give _____ permission to participate in the Sunshine Elementary School 1k Run/Walk on Friday, May 25, 2012. I am aware that allowing my child to participate in this activity involves certain inherent risks, dangers and hazards which can result in personal injury.

By signing below, I hereby freely agree to assume and accept all known and unknown risks and responsibility. FURTHERMORE, THE BOARD OF EDUCATION OF PRINCE GEORGE'S COUNTY SHALL ASSUME NO RESPONSIBILITY FOR INJURIES ARISING FROM THE SUNSHINE SCHOOL'S 1K RUN/WALK EVENT.

I hereby certify that I have read this document and I understand its contents,

Print Student Name: _____

Print Parent/Guardian Name _____

Parent/Guardian Signature _____

**RUN/ WALK
EVENT CHECK LIST AND LOGISTICS**

EVENT CHECKLIST

- Water – 20oz for Grades 2 – 6; Half pints for Head Start – 1st grade
- Freeze Pops for each student participating
- Ice- 8 to 10 20lb bags
- Large Cooler for Freeze Pops / 2 Steel Trash Cans with liners for water
- 3 Six feet Tables
- Tall orange cones
- Sound System with microphone
- 25ft – 50ft Extension Cord
- 60 – 80 steel chairs
- First Aide Kit
- (*NEW*)Permission Slip for student to participate and to identify allergies, asthma, or any other medical conditions
- Event Flyer and Sponsorship forms for each student
- MTF and envelopes for P.E. Teacher to collect money. Also, provide memo with instructions on how to document money collection for teachers.
- Music for the event (Little kids need their own music (head start – 1st Grade))
- Gifts for students that solicited the most money

- Check class schedules to make sure there are no conflicts and to make sure that you have adequate coverage outside during the event.
- Meet with specialist to explain the event and their duties during the event.

DAY OF THE EVENT

Setup

- After the last bus has arrived, cones should be placed at the end of the bus lane to prevent anyone from driving into the bus lane
- If patches of sand are on the bus lane, it should be swept up (normally down near the beginning of the lane)
- Steel chairs should be set-up either under the awning (if it is going to be a very warm day or light rain) or near the light post at the top of the circle (cool day)
- The three six feet tables
 - Table 1 – First Aide Station
 - Table 2 – Water Station
 - Table 3 – Freeze Pop Station
- The Steel trash cans should be placed near the Water station. The Cooler should be place at the Freeze Pop Station. Ice should be place at the bottom of the cooler to keep the Freeze Pops frozen
- The Music cart should be place in an area were an extension cord can be placed through a window. Test sound system to make sure microphone is working and sound is adequate for outdoors.
- Identify area that teachers need to monitor while students are walking/running

Memorandum

To: Teachers
CC: Principal (Approved By Principal _____)
From: Charles Silberman
Date: 3/28/12
Re: Run/Walk

Dear Colleagues,

Here is some pertinent information about this year's Run/Walk!

- The run walk is Friday May 25th during specials time.
- *Students **MUST** have the attached permission slip signed and submitted before the event in order to participate! Please keep them in an envelope or folder to turn in together by Thursday, May 24th!*
- We are collecting money, and you can turn the money into me up to the event date. The focus of this years run walk is on Childhood Obesity.
- Teachers are encouraged to join the students during their run/walk time to assist and motivate.
- Below are a couple of links you can use to educate the students on Childhood Obesity, its subsequent dangers, and ways to live a healthy lifestyle.

<http://www.cdc.gov/obesity/index.html> or <http://www.cdc.gov/healthyweight/children/index.html>

Thank You,

Charles Silberman