



## Walking Fitness Club Fall Session



### What is the Walking Fitness Club?

This club is for 4th - 6th grade students who want to socialize with friends, get in shape, and/or want to prepare for the R-7 Race for the Future on October 13th.

### What will we do at the meetings?

Walking and/or running! We will meet briefly in the gym to drop off backpacks, put on our pedometers, use the restroom and fill water bottles before heading out. If the weather is nice, we will use the track or walking trail at Campbell Middle School. Inclement weather days will have us walking the hallways at UWE. Each week will have a special event-see below. Also, each participant will leave with a healthy snack to enjoy on the way home.

### When do we start?

The club will start Wednesday, September 19th at 4:00 p.m. **Pick-up time is 5:00 p.m. each week at the car-rider door** (east side of building). Please make sure to secure your ride arrangements before staying after school.

### Pick-Up Policy:

Parents and guardians are expected to pick up their students from Walking Club on time and no later than 10 minutes after Walking Club has ended. The first time a student is picked up late from Walking Club, the club sponsor and parent will conference. On the second late pick up, continued participation in Walking Club will be evaluated by the club sponsor.

### Does it cost anything?

Yes, the cost is \$3 per student. This fee will cover all 5 weeks of snacks. If this is financially difficult for you at this time, please contact Mrs. Smith (school counselor) or Ms. Bryant for scholarship opportunities.

### Who can participate?

Any 4<sup>th</sup>-6<sup>th</sup> grade student can participate. Permission slips are due to Ms. Bryant by Monday, September 17th, 2018.

### Behavior/Discipline

If behavior problems occur during Walking Club, disciplinary action will take place with possible removal from Walking Club.

### How do I sign up?

Complete and sign the back side of this form and sign the Club Waiver Form (attached). Send \$3 in an envelope with your forms.



**Wednesday, September 19th, 2018**  
Walking Activity: Walking with Pedometers

**Wednesday, September 26th, 2018**  
Walking Activity: Jam out While You Walk-Bring your headphones and CD/MP3 Players!

**Wednesday, October 3rd, 2018**  
Walking Activity: Invite a Teacher to Walk Day

**Wednesday, October 10th, 2018**  
Walking Activity: Color Run

**Wednesday, October 24<sup>th</sup>, 2018**  
Walking Activity: Invite a Family Member to Walk Day

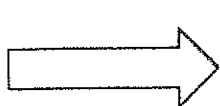
There will be no Walking Club meeting on October, 17th-Early Release Day



## Detach and send with Waiver

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When Walking Club is over, my child will: (circle one)



- Be picked up in the car rider line by 5:00 p.m.
- Go to Kids Country
- Walk home



If your plans change, please notify Ms. Bryant with an email or note.

Please return this permission slip and \$3 to Ms. Bryant by Monday, September 17th.

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Parent Signature  
(don't forget to circle one of the choices above)



**Reorganized School District No. 7**  
**Stansberry Leadership Center**  
301 NE Tudor Road, Lee's Summit, Missouri 64086-5702

## Club Permission Slip

My student, (first and last name) \_\_\_\_\_ in (classroom teacher's name) \_\_\_\_\_ class has my permission to participate in the \_\_\_\_\_ Club.

I understand that with any athletic activity the potential for injury does exist. I authorize any medical treatment that is necessary, should my child need medical attention, with the understanding that the Lee's Summit R-7 School District (District) and its agents are not responsible for any medical cost that may arise from that treatment.

**Waiver and Indemnity** For providing my student the opportunity to participate in the \_\_\_\_\_ Club and other valuable consideration, the receipt of which I hereby acknowledge, I hereby agree to indemnify and hold the District and its agents free and harmless from any loss, liability, damage, cost, or expense, that may arise as a result any injury or property damage that my student may sustain while participating in the \_\_\_\_\_ Club, including any injury or property damage caused by the negligence of the District or its agents.

I, \_\_\_\_\_ (printed parent or legal guardian) understand that by signing this form I am stating that I agree to the terms and conditions above and that my child is medically able to participate. Should my child ever become medically unable to participate, I will inform the school staff (club supervisor) immediately of their non-participation.

My signature below indicates that I have read and understand the entire consent form and realize it is binding and in the event that I am signing it on behalf of any minors or wards, that I have full authority to do so.

Parent's or Legal Guardian's name (printed) \_\_\_\_\_

Parent's or Legal Guardian's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact #1 (Name and phone) \_\_\_\_\_

Emergency Contact #2 (Name and phone) \_\_\_\_\_

