



Active

KIDS + MINDS®

Dear Parents and Guardians of the _____ Community, We are excited to introduce Active Kids and Minds (formerly known as BOKS), our new before-school physical activity program, starting this fall at _____. AK&M is designed to prepare children for a productive day of learning and instill a lifelong appreciation for the benefits of exercise and healthy habits. By engaging in fitness early on, children build a solid foundation that supports both their physical and mental well-being, enhancing their participation not only in sports but in all aspects of life Inspired by Dr. John Ratey's book, SPARK, AK&M is rooted in his research that highlights exercise as "the single most powerful tool that we have to optimize the function of our brains." Our classes are filled with team-oriented games and plenty of opportunities for fun, making physical activity an enjoyable part of the day. We look forward to seeing your children thrive with us this fall!

TYPICAL ACTIVE KIDS CLASS

- 40 minutes long
- Fun warm-up game or movement drills
- Running activity, relay races, obstacle courses and strength movements
- Fun game
- Cool Down

WHEN IS ACTIVE KIDS?

Your paragraph text

Active kids will run _____ and _____ mornings or afternoons from 0:00-0:00. The session starts the week of _____ and will run through _____.

HOW DO I SIGN UP

Complete the attached registration materials for each child and make sure to sign the last page. Approximately ____ children may participate in the session and the participants will be chosen on a first come first serve basis.

IS THERE TRANSPORTATION TO AK&M?

Parents will be responsible for transporting their children to school. Children who attend a before or after-school program are eligible to enroll and participate.

COST OF THE PROGRAM?

Active Kids is designed to involve the whole community and family. If you are interested in becoming part of the AK&M team, please contact _____. You can also visit the Active Kids website at www.activekids.org for more program details. I hope that you will share my enthusiasm for this program, and you will, in turn, see a positive impact on your children.

Sincerely,

The _____ AK&M Team

Active Kids = Active Minds

www.activekids.org