

To: Bennett-Hemenway Elementary School Community
From: Terry Argir
Re: BOKS (Build Our Kids' Success)
Date: January 2, 2014

Dear Parents and Guardians,

We are pleased to announce the launch of BOKS, a before school physical activity program, at the Bennett-Hemenway Elementary School this spring. BOKS prepares children for a day of learning and is an important step in helping children gain an appreciation of the benefits of exercise and healthy choices that will last a lifetime. BOKS was inspired by Dr. John Ratey's book "Spark". Dr. Ratey, of Harvard Medical School, states "exercise is the single most powerful tool that we have to optimize the function of our brains." Classes are filled with team-oriented games and provide plenty of opportunity for play, since the program focuses on fun!

Typical BOKS Class

- 40 minutes long
- Fun warm-up game or movement drills
- Running activity, relay races, obstacle courses and strength movements
- Fun game
- Cool down and a BOKS Bit- a nutrition component of the program

When is BOKS?

BOKS will run every (Monday, Wednesday and Friday) morning from 7:25 AM to 8:05 AM, drop-off running from 7:15 – 7:25 AM. The session starts the week of February 3rd and ends the week of May 9th.

How do I sign up?

Complete the registration form for each child and make sure to sign the last page. The Registration deadline is **January 17th**. Approximately 80 children may participate in the session. If more than 80 children sign up then the participants will be chosen based on a lottery.

Is there transportation for BOKS?

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

BOKS is designed to involve the whole community and family. If you are interested in becoming a volunteer please contact Terry Argir at tmgac@verizon.net. You can also visit the BOKS website at www.bokskids.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,

Terry Argir
Lead Trainer, BOKS
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Visit us online at www.bokskids.org.