

SMRS Parents,

Physical Education has always been part of our curriculum. During this unusual time, we feel it is even more important to give our students an opportunity for fresh air and to help them remain physically fit. Our Race 4 Education Chair, Jody Beach, has worked with our Administration to develop plans for a Fitness 4 Education event to take place during the last week of October. The event will be stretched over 4 days, allowing for only one class to be outside participating at a time. The music will be pumped up and each class will have a 30-minute block during which they will have three 10-minute sessions of various fitness instruction. COVID-19 regulations will apply to this event. Students will be spaced roughly 8 to 9 feet from one another, providing enough space to exercise and keep socially distant. They will remain in their assigned space for the duration of the time they participate. Providing this amount of space between students should provide them an opportunity to remove their masks for the event. Students will keep their own water bottle in their assigned space. **Due to COVID-19 regulations, no spectators are permitted to visit during this event.** Photos will be shared on our official SMRS Facebook page.

### **HOW CAN STUDENTS PARTICIPATE?**

We ask that your child wear his/her gym uniform (gym t-shirt and gym sweatpants) on the day their class will participate in this event. Each student should bring their own water bottle labeled with their assigned class number on the cap. Students are asked to obtain sponsorship from family and friends. 90% of each student's sponsorship will be applied to their Family Fundraising Goal. Sponsorships can be donated to the school via our online Race 4 Education platform or by standard sponsorship form. Sponsorship information has been attached to this email. Sponsorships will be accepted through November 12<sup>th</sup>. It is important that all sponsorships, online and paper submission, indicate the student classroom(s). **The classroom which procures the most sponsorship will be awarded a Chick-fil-A lunch.**

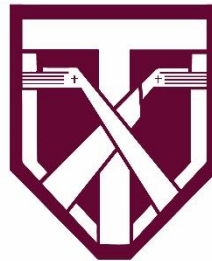
### **Class Participation Days:**

Monday, October 26 – 6B, PK4W, KA, PK4C, 4A

Tuesday, October 27 – 8A, 6A, KB, 2B, 4B

Wednesday, October 28 – 7A, 5A, 8B, 3A, 1A

Thursday, October 29 – 7B, 1B, 5B, 3B, 2A



### **HOW CAN PARENTS PARTICIPATE?**

Each year we have many parents sign up to help the Race 4 Education. Since this year's event will be formatted so differently, we need many more volunteers. **We are looking for volunteers with a very specific skill set.** Moms and Dads who have physical fitness experience of various types are invited to sign up for 10-minute slots to provide fitness instruction for the students. We are looking for anyone with CrossFit, Weight Training, Dance, Yoga, Aerobics, Cheerleading, Karate, or various Athletic Training. As part of each class's 30-minute block, we have reserved a very special 10-minute slot for law enforcement parents to volunteer as instructors. We would like you to bring your law enforcement fitness training to our students. We ask you to wear casual law enforcement gear or t shirt and bring a whistle. Our hope is for each class to experience 10 minutes of "Law Enforcement Fitness Boot Camp". We ask that **ALL** volunteer parent instructors develop and lead 10 minutes of "**in place**" exercise for the students. Students **may not** leave their assigned spot. Anything from core strength, stretching, or cardio exercises may be included. Above all, we hope that you will have fun with our students while engaging them in strength challenges. **ALL volunteers would need to have updated fingerprint clearance and Virtus training.** If you would like to be a volunteer instructor, visit <https://www.signupgenius.com/go/60B0B4BA9AB28A5FE3-fitness> [signupgenius.com] to sign up for one or more 10-minute instructional times.

***Thank you for supporting SMRS and helping our students stay physically fit.***