

Kids Run for Fun & Fitness!

Registration Form



Student Name: _____

Homeroom Teacher: _____ Grade: _____

Parent Information:

Name(s): _____

Primary contact phone number: _____

Secondary contact phone number: _____

Food allergies or medical conditions: _____

***Please be sure the phone numbers provided are numbers where you can be reached immediately between the hours of 3:45 – 5:00PM.*

A fee of \$20 per student is required in order to participate in the program. Checks can be made payable to "South Eastern School District (SESD)."

**Please include the student's name and "5K" on the check on the memo line.*

The \$20 fee will include the following: registration to a culminating 5K run/walk, t-shirt, and other materials.

Please check all that apply:

- I allow my child to be photographed.
- I declare that my child is currently covered under a medical insurance plan, and release South Eastern Intermediate School and the Kids Run for Fun Program as well as coaches and volunteers from any liability.
- I have read and agree to the guidelines and requirements as outlined on the attached page(s). Other copies may be obtained by contacting one of the "Kids Run for Fun" coaches.

Parent/Guardian Signature: _____

**Registrations should be returned to Mrs. Pabis or Mrs. H. Miller. Keep the other pages for your information. Based on the interest level of the program, only so many registrations may be accepted. This will be based on first come, first serve basis.*

All registrations must be received no later than February 18, 2019.

KIDS RUN FOR FUN & FITNESS

How will your student be getting home?

Student Name _____

Transportation Parent P/U Other P/U _____

Name of person allowed to pick up your student!

OR

Please choose a bus stop: STEW Stop _____ DELTA Stop _____

Stewartstown Late Bus Stops:

1. New Park Service Station
2. Draco Rd & Norrisville Rd @ Royal Farms
3. Main St (SR 24) & College Ave (SR 851) @ Shopping Center
4. Stewartstown Elementary School
5. Barren's Rd North & Plank Rd (Thompson's Svc Ctr)
6. Barren's Rd North (SR24) & Rinely Rd @ Sign
7. Barren's Rd North (SR24) & Dogwood Court
8. Cross Roads Ave & Hyson School Rd @ Rock
9. Cross Roads Ave & Holly Tree Ct (Logan Lane)
10. 6881 Church Rd @ Methodist Church
11. 7362 Church Rd @ Round Hill Presbyterian Church
12. 8426 Church Rd @ Union/Hopewell Church
13. Hickory Rd & Janes Way
14. 8467 Pleasant Valley Rd @ Golf Course
15. SR 851 (Woolen Mill Rd & Haugh Rd)

****Emergency stop only**

Mill St & Hill St. @ Red Lion Bus shed

Delta Late Bus Stops:

1. Main St & Fawn Grove Rd @ Square
2. New Park Rd & Fawn Grove Rd @ Gatchelville
3. Deer Rd & Bald Eagle Rd
4. 786 Mt. Olivet Church Rd @ Church
5. Graceton Rd & Rt 136 @ Saubel's Market
6. Dooley Rd & Line Rd
7. 207 Main St (Delta)
8. Main St & College Ave (Delta Pizza)
9. Main St & Broad St Ext (Delta)
10. SR 851/Broad St Ext @ Delta Rd (SR 74 – Delta Family Rest)
11. 2325 Bryansville Rd (SR851) @ Bryansville UMC
12. Bryansville Rd (SR851) @ Clubhouse Rd
13. Bryansville Rd (SR851) & Miller @ Aubel Rd
14. Miller Rd & Burns Rd
15. Miller Rd & Gemmill Rd

****Emergency stop only**

458 Gemmill Rd @ Gemmill Residence (Bus shed)

Signature of Parent/Guardian: _____

Phone Number _____

Please note if no one is here to pick up your student by 5pm they will be placed on the late bus!

Kids Run for Fun & Fitness!

SEIS' After-school Character and Wellness program

- ✓ The focus of this after school program is health and wellness. Our goals are to increase self-esteem, understand living a healthy lifestyle and challenge each student to improve their physical ability.
- ✓ Coaches for the program are: **Brittany Pabis, Heather Miller, and Kari Dolinger.**
Other facilitators may include other SEIS teachers and staff.
- ✓ **Our sessions are from 3:45 – 5:00PM every Monday from March 4th to May 6th at SEIS.**
- ✓ **Our required final culminating activity will be a “Kids Run” 5K run/walk on May 11th** held in Delta. This is a very important part of our curriculum and we require your child to be present on this day.
- ✓ **A \$20 registration fee is required.** Unfortunately, we will be unable to provide any refunds. If you need financial assistance, please see one of the coaches to make other arrangements. We do not want to turn any student away due to financial situations.
- ✓ Please contact Mrs. H. Miller (millerh@sesd.k12.pa.us) by email or written note if your child will be absent for any session. Due to the importance of group dynamics and preparation of activities, students who are absent for more than three (3) practices will no longer be eligible to participate.
- ✓ Each student is required to **wear comfortable shoes for running/walking.** By no means do you need to purchase “running shoes.” However, students will not be able to participate if they are wearing boots, dress shoes, etc. If you have any questions, please contact one of the coaches.
- ✓ Please have your child bring a **water bottle and a healthy snack** to every session.
- ✓ Please make the coaches aware of any medical concerns or allergies.
- ✓ Encourage your child to **dress appropriately** for physical activities. This would include sweatpants or shorts (only for indoor sessions). Preferably no jeans or skirts. Additionally, please have her dress appropriately for the weather, including

sweatshirts, hats and gloves. We will be outside as much as possible. However, due to weather conditions we may be forced to move inside.

- ✓ Please arrive promptly at 5:00PM for pick up. Due to security reasons the doors will not open until 5:00PM. Our coaches are volunteering their time and have additional responsibilities in the evenings. Please be courteous and plan accordingly. If you need to pick up your child early for any reason, please notify us prior to that day so that we can make arrangements to have your child ready for pick up at the main entrance of the school. If another person is picking up your child, we must have **written permission** from you in order to release your child to that person.
- ✓ Sessions will not be held on days that the students do not have school or have a half-day. There will be no “make-up” sessions.
- ✓ Other than transportation from the sessions, we also expect you to transport your daughter to and from the culminating 5K run/walk.

This is a volunteer opportunity for all coaches. Our desire to coach is strictly motivated by our passion for all students to feel CONFIDENT, CONNECTED and COURAGEOUS. We very much want for your child to have a positive experience. We thank you in advance for your support in this program and the encouragement you provide for them.

Respectfully,

Kids Run for Fun & Fitness Coaches

(717) 382-4851