

Esmond Station... Boys Run Too Fall 2020

Calling all 2nd and 3rd grade boys!!!!

Boys Run Too is a program that is designated for young boys grades in 2nd and 3rd grade. The goal of this program is for young boys to learn how to work with others, resolve conflict, treat everyone with respect, follow the ACT statement, even when they are not in a classroom setting, and have an active lifestyle.

This year we are going to focus on teaching the boys strategies for managing stress, how to take mental breaks, prepare healthy snacks, and how to stay active while working from home.

We will meet virtually Tuesdays from 3:30-4:00. We will have warm up exercises, discuss our "focus of the day", a team workout, and set goals for the week. Instead of charging a \$20.00 fee (in the past that was for medals, shirts, and snacks), this year we are asking families to purchase a pedometer for their child. We are going to have boys document their steps taken per day. At the end of the season, we will all do a 2k and share a picture. You may choose to borrow one as well. (Options for pedometers provided on another page).

Once all boys are registered, they will be added to a schoology page where all information will be posted.

If your child is interested in participating, please fill out the form by Friday Oct 23rd.

<https://forms.gle/hPotY8vLGvo4ywsXA>

Practices: October 27th, November 3rd, 10th, 17th, 24th. December 1st, 8th

****2K and celebration via zoom will be on Tuesday December 8th, 2020.

If you have any questions please contact the following teachers.

Mrs. Ordaz ordaza@vailschooldistrict.org

Mrs. Aguiar aguiarc@vailschooldistrict.org

Ms. Dean deanj@vailschooldistrict.org

520-879-3418

Options for Pedometer

****These are options. Please find one that will work for you and child.**

Amazon has many different options. **

1. [LINK](#)



Walkercam Fitness Activity Tracker with Sleep Monitor, Blue

★★★★☆ 6

Limited time deal

\$13²⁷ ~~\$29.99~~

✓prime FREE One-Day
Get it Tomorrow, Oct 7

2. [LINK](#)



FitOkay Fitness Watch, Exercise Smart Bracelet with Sleep Monitor

Limited time deal

\$15⁷⁹

✓prime FREE One-Day
Get it Tomorrow, Oct 7

3. [LINK](#)



BrightDay Updated Fitness Waterproof Smart Fitness Tracker

\$17⁵⁹ ~~\$21.99~~

Includes \$4.40 Prime savings

✓prime FREE One-Day
Get it Tomorrow, Oct 7