

April 23, 2007

Dear Parent / Guardian:

This spring, Corinna School is pleased to announce a walking program, called “*Walking Wednesday*”. This program is optional and it is a small group of students who are accompanied by at least one adult on their walk to school. The walk runs rain or shine and along the way the kids can visit with their friends, learn valuable pedestrian safety skills and participate in healthy physical activity.

Why *Walking Wednesday*?

The Centers for Disease Control and Prevention has identified physical inactivity as a major cause of obesity in our children. In Maine more than 65% of our youth do not get the recommended 60 minutes of daily physical activity. Participating in the “*Walking Wednesday Program*” will add 15-20 minutes of physical activity to each student’s day.

How does *Walking Wednesday* work?

- Students will meet each Wednesday morning at the **Corinna Fire Station** promptly at **7:45 am** and begin the walk to Corinna Elementary School.
- There will be at least one school representative there waiting for children to arrive. Please do not drop your child off without an adult present. The walk will start promptly at 7:45 am.
- Weather conditions: During rainy weather, students are encouraged to dress appropriately and bring umbrellas.
- Attached to this letter is a permission slip, it must be signed and returned to the main office by Friday, April 27th before your child can participate.
- The first walk will begin on Wednesday, May 2, 2007 and continue every Wednesday for the remainder of the year (the last walk will take place June 6th).
- Parents are more than welcome to join the walk on any given day!

If you have further questions, please contact Carol Otis at 278-4263 or cotis@msad48.org.

I hope to see you this spring ready to walk!

Sincerely,

Richard Fernald, Principal
Corinna School