

## Val Vista Lakes Fun Run Permission Slip 2011-2012

Fun Runs at Val Vista Lakes will be held after school on Wednesdays from 3:00-3:30. We encourage all students and family members to come and participate in this heart-healthy activity.

All students who will be participating in this years fun runs, will need to fill out this permission slip and return it to their classroom teacher no later than October 17th. By signing this permission slip, it gives your child permission to stay after school, leave school grounds, run/walk on Raleigh Bay sidewalks and have your child picked up by 3:30.

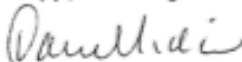
Please go over some information with your child:

1. your pick up procedures
2. running tips- drink water, tie your shoes, stretch...
3. safety- stay on sidewalks, help others, cross only with the crossing guards...

The Fun Run dates are listed below. Please mark these on your calendars.

If you would like to volunteer, please call or email me at school. Thanks so much!

Happy Running,



Mrs. Middlemiss

### FUN RUN DATES:

October 19th  
October 26th  
November 9th  
November 16th  
November 23rd  
November 30th



\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Phone number

