



5th Six Weeks

This six weeks we want you to participate in advancing health awareness in our community and beyond or by participating in a PE activity.

We would love for you to run the Cowtown Marathon Kids 5K. The race will be on February 26, 2010 at TBD. The race will be in Fort Worth. Please feel free to check out the website... <http://www.cowtownmarathon.org/>. If you are interested in running this event please contact Janet Blackwell (3rd grade teacher) at Janet.Blackwell2@southlakecarroll.edu. You can also sign up to volunteer on the day of the race. *Please write about your experience and bring in a photograph attached to your writing.*

Or PTO Outreach Activity making Birthday Boxes

If you choose not to participate in the Kids 5K you may work on this PE activity.

PE activity: It is time to exercise. Please fill in the Exercise Log that is attached. Make sure to note your activity, the time, and a parent signature.