

September 16, 2019

Dear Sheehan Parents/Guardians,

The BOKS Program (www.BOKSkids.org) is returning in October to the Sheehan School for all students in Grades K through 5. This will be the first of three sessions this school year. BOKS is an early morning physical activity program, lead by parent volunteers, that improves our children physically, mentally, and socially by strengthening their minds and bodies through movement.

Several studies establish that moderate to vigorous physical activity stimulates brain function and creates the physiological conditions for students to be ready to learn. BOKS directly addresses these points by getting kids moving in the morning to help boost their academic and physical performance, in addition to their overall confidence and well-being. Classes are filled with team-oriented games, individual activities, and provide plenty of opportunity for play, since the program focuses on fun! Students also learn about making healthy food and snack choices in our BOKS Nutrition Bits.

The Fall Session will run on Tuesday and Thursday mornings from 7:50-8:30 AM in the Sheehan gymnasium. The dates are as follows:

Week 1: Tuesday Oct. 8 & Thursday Oct. 10

Week 2: Tuesday Oct. 15 & Thursday Oct. 17

Week 3: Tuesday Oct. 22 & Thursday Oct. 24

Week 4: Tuesday Oct. 29 & Thursday Oct 31

Week 5: Thursday Nov. 7 (**No BOKS on Tuesday due to election day**)

Week 6: Tuesday Nov. 12 & Thursday Nov. 14

Week 7: Tuesday Nov. 19

Students are dismissed to the playground or inside arrival after BOKS ends.

The cost to participate is \$25.00 (financial assistance is available). Class size is limited to thirty children. If you would like your child/children to participate, please **email Mrs. Erwin first to reserve your spot**, eerwin@westwood.k12.ma.us. Then fill out the Request for Participation section below and return it with a check made payable to the Sheehan School and noting BOKS in the memo portion **by Friday, September 27th.**

We are always looking for more parents to volunteer to lead sessions! All fitness levels are welcome, and we have lots of tools to guide us, including a new BOKS "virtual" training.

If you have any questions about this program or would like to volunteer, please contact the lead trainers below.

Stephanie Bhatti, stephanieb0531@gmail.com

Erin Colleran, erincolleran@hotmail.com

BOKS Request for Participation

I am interested in having my child _____ participate in the BOKS program.

Contact/Parent's Name: _____

Contact/Parent's Email: _____

Contact/Parent's Phone: _____

Attached is my check made payable to the Sheehan School for \$25.00