



Stratford Road Elementary School

33 Bedford Road
Plainview, New York 11803

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www.pobschools.org

Alison Clark, Ph.D.
Principal

Lynn Winters
Assistant Principal

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Dear Stratford Road Parents/Guardians:

For the past few years, our physical education staff has implemented a program called "The Mileage Club." During their recreation time, children in grades 1 - 4 can choose to exercise by walking or jogging laps and earn a chain and plastic feet. Children proudly collect and display their plastic feet demonstrating their participation in this physical activity. We have seen children in all grades take a big interest in this program and have visibly seen them benefit by getting regular daily exercise. During the year, we keep track of the number of miles we have completed as a school on a map of the United States that hangs outside the gym so that our students can see how far they have traveled. This is a great program from which all students can benefit!

Here are some of our rules and procedures:

- The Mileage Club is NOT mandatory
- A chain and a foot are given to each child after they complete their first mile (four laps).
- An additional foot is given for every two miles (eight laps) after the first one.
- Lost feet are never replaced. (We teach responsibility along with fitness!)
- Children may complete one, two, three or more laps each day depending on the time.
- Special "5" and "10" tokens are given to students when they complete their fifth and tenth cards respectively. (Each card is five miles.)

If you have any questions, please do not hesitate to contact Mrs. Jodi Horowitz or Mr. Mike Heller.

Sincerely,

Alison Clark
Principal

Lynn Winters
Assistant Principal