

**\*PANTHERS ARE TOTALLY HEALTHY (PATH feet)\***

At Millstadt Primary Center we are excited to educate students about living healthy lives. Each year students are introduced to a running program that supports smart choices and setting goals, known as the P.A.T.H. program (Panthers Are Totally Healthy.) Exercise and eating healthy are important goals to strive for as children and adults. Students receive a paper punch card in the shape of a foot and work to set a goal by running healthy laps at recess. Our PATH *feet* are used to encourage and reward students for every lap they run outside, during recess and PE. Each lap around the path is equal to  $\frac{1}{4}$  of a mile. Each PATH *foot* is numbered 1-20 so each time a lap is completed, the student will get the next number punched. When the PATH *foot* is complete, the student will turn the *foot in* to his/her teacher and receive a charm. At the end of the school year, we celebrate our healthy choices with a PATH Celebration Day. Any student who completes 10 PATH *feet* or more, will receive a **free PATH tshirt!** There is also a reward at the end of the year to be rewarded to ONE student who completes the most *feet* throughout the year.

To enhance our healthy lifestyles, we are strongly encouraging students to bring healthy snacks (fresh fruit and vegetables, for example), for your child's recess snack. High sugar snacks and chips are unwholesome to the body and mind, as we stress the goals of staying alert and focusing in the classroom.

GOOD LUCK!

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