

Ben Franklin

Walking Club



This year students in grades K-5 will be able to

participate in a weekly walking club.

Walking club will take place every Thursday after school during the fall and spring months.

During walking club, students will learn a variety of healthy habits that they can incorporate into their daily activities. We will focus on physical exercise, healthy eating, sleeping habits and mental health.

Every student that joins walking club will earn a water bottle and will be entered into a drawing every time they attend walking club. Students will keep track of their weekly exercise and will track their progress. At the end of the school year we will have a celebration in which families can help celebrate their accomplishments. We will have snacks and a raffle drawing with great prizes.

Come join us for a fun and healthy start to the school year!

Mrs. Ray and Mrs. Cline