

get ready. be active. join BOKS.

To: St. John's School Community
From: Sean Richardson
Re: BOKS (Build Our Kids' Success)
Date: October 10, 2014



Dear Families,

BOKS is a before school physical activity program and an initiative of Reebok and the Reebok Foundation. **BOKS** was inspired by Dr. John Ratey's book "Spark". Dr. Ratey, of Harvard Medical School, states that "exercise is the single most powerful tool that we have to optimize the function of our brains."

Typical BOKS Class

- 45 minutes long
- Meeting and warm-up
- Running activity, relay races, obstacle courses
- Skill of the week (e.g., burpees, push ups, planks)
- Game
- Cool down and a BOKS Bit - a nutrition component of the program



When is BOKS?

BOKS will run every **TUESDAY** and **THURSDAY** morning from 7:30 am to 8:15 am. The first session starts **TUESDAY, October 21, 2014** and the last session will be **THURSDAY, December 11, 2014**.

Who Can Participate in BOKS?

St. John's students in kindergarten through grade 5.

How Much Does BOKS Cost? \$25 payable to St John's School

How do I sign up?

Complete the attached registration form for each child and make sure to sign the last page. Approximately 35 children may participate in the session. If more than 35 applications are received, participants will be chosen based on a lottery.

COMPLETED FORMS and CHECKS are due FRIDAY, October 17, 2014.



Transportation?

Parents or guardians will be responsible for dropping their children off at school by 7:30 am.

Who teaches BOKS?

Jo Lysko and Karen McGuire are certified BOKS Lead Trainers. In addition, parent volunteers help with the class.



If you are interested in becoming a volunteer or have any questions, please contact Jo Lysko (jopetrunyak@yahoo.com). You can also visit the BOKS website at www.bokskids.org for more program details.

I hope that you will share my enthusiasm for this program and you will, in turn, see a positive impact on your children.

Sincerely,
Sean Richardson



Visit us online at www.bokskids.org.