

Walking Club

Dear Cooper Community,

It's time to get up, get moving and have fun! The Wellness committee is excited to announce the new Walking Club as an option during recess. As a participant of the New Jersey Sustainability program Cooper Elementary students and staff have been challenged to add more physical activity within the school day. Teachers work hard to incorporate planned movement into their lessons and allow students time for active breaks throughout the day. A walking club is an opportunity for students to get extra steps in during the day.

The field behind the school has been lined to indicate a quarter mile. For every four laps a student walks it counts as one mile. Students can choose to walk by themselves or in a small group and they can track their laps using a record sheet. Weekly, monthly or even yearly goals can be set. The Walking Club will be offered on Days 1 & 3 in the fall and spring. Participation is optional. It is our hope that this new program will allow students an additional healthy choice during recess.

Sincerely,

The JF Cooper Wellness Committee

