



**OFFICE OF THE SUPERINTENDENT
LONG BRANCH PUBLIC SCHOOLS
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“Where Children Matter Most”

March 20, 2014

Dear Long Branch Families,

Have you ever wanted to run a marathon? This season our schools have entered into an exciting partnership with the New Jersey Marathon to promote healthy living and give every elementary student an opportunity to run a “kid marathon” on Saturday, April 26, 2014.

In order to promote a healthy lifestyle we must begin with teaching our children to practice good nutritional habits and participate in a daily exercise routine. Beginning on March 24, 2014, your child will have the opportunity to learn healthy habits through tracking their own physical fitness in an exercise log. This log allows children to earn “mileage” for physical activity. The goal is to earn 25 miles of activity over the next four weeks with the help of their teachers, parents, friends and family.

All children grades first through fifth will receive their own journal to track their weekly progress. Teachers will review their progress with them weekly. Every child that reaches their movement goal on day 50 will be awarded their own mileage club training medal. We expect all of the children to continue with the program until day 50, so they will all have the opportunity to receive their medal.

Parents, we urge you to help assist us in encouraging your child to exercise every day and track their progress. If the “weather outside is frightful”, then they can do jumping jacks, sit-ups and/or push-ups in the living room. If your child is bored, put on some music and rock around the house. Teachers will continue to give your child many ideas of how to continue the fitness craze. You can even join in on the fun with them at home.

On April 26, 2014, we will celebrate each child’s accomplishments with an amazing fun-filled day and an invitation to participate in a “kid marathon” on the Long Branch Promenade. This one mile course is the last stretch of the actual New Jersey Marathon, which thousands of runners from all over the world will participate in the following day. Each child will be able to complete the course through the marathon’s official finish line chute. Stay tuned, more information about the New Jersey Marathon will be coming soon.

Thanks for your continued support,

Michael Salvatore