

Peters Township School District

Pleasant Valley Elementary School

Mr. Gregory Marquis, Principal



Dear Parent/Guardian,

Your child is invited to participate in this year's **Kids of STEEL** youth fitness program! The **Kids of STEEL** program was designed to improve health and to promote physical activity in our youth. The program focuses on exercise, nutrition, and healthy lifestyle choices.

The primary features of the **Kids of STEEL** program include the following:

- Students will have 12 weeks to complete 26.2 miles, with their final mile being the Pittsburgh Kids Marathon to be held on Saturday, April 30th, 2016 in Pittsburgh.
- Students are encouraged to make healthier food choices by tasting, studying and sharing with their family different nutritious foods.

Kids of STEEL is open to all children at Pleasant Valley. We will work with students during the school week so they will have the opportunity to engage in exercise opportunities which will equate to one mile. In addition, Pleasant Valley will host an after-school Run Club in March. More information regarding this opportunity will be shared at a later date. If your child does not run a complete mile at a time, miles may be recorded in half-mile increments. If a measured distance is not available, each twelve minutes your child runs non-stop (or 20 minutes of walking) may be counted as a mile. Please use the Kids Marathon Training Log to track your child's progress at home. Please note that you will receive your child's log when you register them on-line.

Your child can participate ONE of two ways:

1. Participate in the **Kids of STEEL** program **AND** the Pittsburgh Kids Marathon: you will need to register your child online by visiting www.thepittsburghmarathon.com. The fee to register is \$20. Please note that the Kids Marathon has sold out the past three years and race weekend registration was not available. Your child will turn in their completed Kids Marathon Training Log on race day, April 30th, 2016 and receive their **Kids of STEEL** finishers' prize. Students are encouraged to be registered online by **February 5th, 2016**.
2. Participate in **ONLY** the **Kids of STEEL** program. If your child is not able to run in the Kids Marathon they can still participate with their friends in the **Kids of STEEL** program. All you need to do is visit <https://runsignup.com/Race/PA/Pittsburgh/KidsofSTEEL> to register. Students are encouraged to be registered by **February 5th, 2016**.

Please feel free to email or call with any questions at: marquisg@pt-sd.org. We look forward to having your child and family involved!

Sincerely,

Mr. Gregory Marquis
Principal



250 East McMurray Road * McMurray, PA 15317 * 724-941-6260 (telephone)

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