Health In Steps "HIS"

"HIS" is a non-competitive aerobic walking and activity program for <u>boys</u> in the Green Brook Middle School.

Activities: The program consists of aerobic walking and may include constructing paper airplanes or boats, playing four-square and other fun activities. The students may utilize pedometers to calculate steps walked. Walks/hikes may also include discussion on various topics such as: physical fitness, peer pressure, changing responsibilities, decision-making, social manners, compassion for others, community service and other topics.

Community Project: "HIS" will continue its community service project by working with the GB BOE administration on the construction of the fitness circuit at GBMS. This equipment was made possible by a generous grant from the Green Brook PTO.

Attire: Activities will be outside, weather permitting, with walks/hikes in the wooded areas or streets adjacent to the school. Please have your child wear long pants and shoes/sneakers that can be washed after meetings. The pants/shoes may get muddy. Parents should stress "tick checks" after meetings as deer also travel in the wooded areas.

Start Date: Participation days vary between Tuesday, Wednesday, and Thursday.

FALL: Begins 10-4-17 and ends in December

SPRING: TBA.

When: See schedule on back of this flyer or on the school website. "HIS" will meet in the small gym if it rains. Student's daily attendance is flexible to meet individual needs. **Time:** 3:00-4:00 pm – Parents/Guardians must pick-up students by 4:00 pm.

Late pick-ups from club activities will result in a fee surcharge of \$42.00/hr.

or as calculated for parts of an hour, as per school policy. Advisor: Ms. C. Seracka, GBMS School Nurse

Funding: This program is supported by an annually grant from Somerset County Youth Services Commission, for which we are grateful.

*** If your son is interested in participating in this **Fall and Spring program**, then complete this form and return it to Ms. Seracka by 10-3-17.

The number of participants in this popular club is limited so apply early.

Health In Steps -- "HIS" Fall 2017 & Spring 2018

Return this form to: Ms. Seracka by: 10-3-17

For participation in this program I as a parent understand that:

- Club will meet indoors if there is inclement weather.
- The boys may encounter muddy or wet stream areas with possible ticks. Therefore boys should wear washable sneakers and long pants.
- Parents should check for ticks after meetings.
- Pick-ups after 4:00 will incur late pick-up charges as per school policy.

Student's Name:

Homeroom Teacher: _____ Grade: _____

Parent's signature: _____

GBMS- HIS Club Fall 2017 Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday		
October						
2 autumn	3	4 3-4 pm	5 3-4 pm	6		
9 No school	10 No school	11	12 3-4 pm	13		
16	17	18 — 3-4 pm meeting cancelled	19 3-4 pm	20		
23	25 3-4 pm make –up day	25 3-4 pm	26 3-4 pm	27		
30	31					
November						
		1 3-4 pm	2 3-4 pm	3		
6	7	8	9 No school	110 No school		
13	14	15 3-4 pm	16 3-4 pm	17		
20	21	22 ½ day	23 No school	24 No school		
27	28	29 3-4 pm	30 3- 4:00 pm Pizza Party			

GBMS HIS Club Spring 2018 Schedule TBA							
March/ April							
Spring Trip: Great Swamp Outdoor Education Center, Chatham, NJ May, 2018							