



REGISTRATION LETTER

To: Parker Elementary School Community
From: Sara Deelstra
Re: BOKS (Build Our Kids' Success)
Date: July 29th, 2019

Dear Parents and Guardians,

We are pleased to announce the launch of BOKS, a before school physical activity program, at the Parker School this fall. BOKS prepares children for a day of learning and is an important step in helping children gain an appreciation of the benefits of exercise and healthy choices that will last a lifetime. 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." Classes are filled with team-oriented games and provide plenty of opportunity for play, since the program focuses on fun! My passion for this program comes from wanting to help my son with ADHD, be more focused and ready to learn during the school day.

Typical BOKS Class

- 30-40 minutes long (two days/week for 12 weeks)
- Fun warm-up game or movement drills
- Running activity, relay races, obstacle courses and strength movements
- Fun game
- Cool down and a BOKS Bit- a nutrition component of the program

When is BOKS?

BOKS will run every **Monday** and **Wednesday** morning from **7am to 7:40am**. The session starts the week of September 2nd and ends the week of November 18th. The BOKS program allows students to participate in breakfast and transition into the classroom or out for morning recess. **For weeks where school is NOT in session on Monday, we will run BOKS on Tuesday and Thursday.**

How do I sign up?

Complete the attached registration form for each child and make sure to sign the last page.

Is there transportation for BOKS?

Parents will be responsible for transporting their children to school. Children who attend PLC before school are eligible to enroll and participate.

BOKS is designed to involve the whole community and family. If you are interested in becoming a volunteer to help with the program, please contact me by **August 23rd**. I will need as many volunteers as possible in order to allow all children who are interested, to participate. I would like to run it with a 1:20 volunteer to child ratio. You can also visit the BOKS website at www.bokskids.org for more program details. If you are not able to volunteer but know of someone in the community who may want to, please pass this information along to them. Anyone, including older children (junior high/high school age) can volunteer.

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

Sincerely,
Sara Deelstra
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