

Middle School Mileage Club

The Middle School Mileage Club is an opportunity for all students to have fun while improving health.

When do we meet?

- Spring Season Monday, Wednesday, Friday (*Subject to change due to track construction)
(Students may one day to attend; If you participated in the fall, entry for both seasons is possible, but not guaranteed)

Listen to the morning and afternoon announcements for any schedule changes and join “remind” for all updates

What time do we meet?

- 2:40-3:30 PM after school

How do students get home?

- Students may get picked up by the flagpole at 3:30 PM or take the late bus home.

*There is **no supervision** after 3:30 PM:

Students who have not been picked up by 3:30 will wait in front of the middle school near the flagpole *

What will we do?

Run or walk on the track after school, with or without a group of friends. We will keep track of our miles that we complete. We will have a friendly competition to see who runs or walks the furthest. Best of all, we will be exercising and improving our health!

All students will receive Mileage Cards to bring to the track. You will get your card marked for each lap you complete. After completing one card (8 punches = 2 miles), you will earn your chain and first toe token. For each additional card you complete you will earn a toe token. Collect as many as you can and wear the bracelets, necklaces, or key chains with Warwick pride!

What do you need for Mileage Club?

- SNEAKERS
- DEODORANT
- Comfortable & appropriate running or walking clothes (we will be outside, so bring a hat, coat, & gloves if it's cold)
- Water bottle, labeled with name-No gatorade or colored drinks
- A POSITIVE attitude!

Expectations of students in Mileage Club:

Respect other students' abilities and efforts
Respect school property
Respect the club
Respect all school employees
Respect yourself



Students who fail to meet the expectations won't be invited to have the privilege of being in Mileage Club.

Why should you join Mileage Club?

You should join Mileage Club if you:

- Want to get your body into shape
- Improve your heart's health
- Spend time outside
- Spend time with your friends
- Set goals for yourself and work to achieve them
- Want to participate in a school sport, but don't have time to commit to a modified team
- Enjoy running or walking
- Have fun

After school instructions:

1. When you are dismissed from your class, report to the cafeteria.
2. Change your clothes if needed (you may change or you may keep on comfortable school clothes).
3. Find and hold Mileage Club card (will bring to track)
4. Fill out a late bus pass if you are taking the late bus, and put it in the front pocket of your bag.
5. Sit and wait quietly at your assigned table.
6. Attendance will start as soon as everyone is ready and quiet. We will go to the track after attendance is taken.

Try to run or walk with a partner. You can increase or decrease your speed at any time, but be aware of your surroundings, for safety, and the time.

At the end of Mileage Club:

1. Stretch.
2. Return your Mileage Club card to your table bag.
3. Gather all of your belongings for dismissal.
4. Walk to the bus parking lot and board the bus, or continue to the front of the MS.

*Bookbags will be brought down to the track, by the student. Please keep an extra plastic garbage bag inside of your bookbag on Mileage Club days in case the ground is wet or if it is raining. Bookbags and instruments can be placed inside the plastic bags to stay dry.

Hope to run or walk with you soon!

Any questions? Please see Mrs. Brady in room GX Or email kbrady@wvcsd.org See our website: www.wvmsmileageclub.weebly.com

NO CELL PHONES,
CHROMEBOOKS, OR ELECTRONICS
MAY BE OUT/SHOWN OR BE USED
DURING MILEAGE CLUB

No fidget spinners, pop-its, or other toys

If students do bring electronics to school on the day of Mileage Club, they are responsible for keeping them in a backpack.

The Mileage Club is not responsible for any lost electronic devices.

Parents and kids should make plans before arriving at Mileage Club.

If a child panics and needs to contact a parent after 2:30 PM, the child needs to go to the office to use the phone or ask Mrs. Brady's permission to use a personal device to contact a parent.

Cell phones are not allowed to be out in the cafeteria, on the walk to and from the track, or at the track.

Anyone who is not following this rule will not be invited back to future session(s) of Mileage Club. There is no warning: This is the warning!

Warwick Valley Middle School Mileage Club Registration

To apply to be in Mileage Club, it is required that all interested students and parents read the information sheet, and understand and follow all procedures & rules.

This signed application form must be returned ON or BEFORE dismissal **March 10, 2023.**

***forms turned in after dismissal on 3/10 will be considered on a first come first serve basis, only if space is available**

TURN IN FORMS OUTSIDE OF ROOM GX (near Door 20) in the GAMMA hall when you arrive to school, at dismissal, during advisory, or on way to/from lunch, recess or Unified Arts.

(do not ask to leave classroom instruction to turn in!)

DO NOT GIVE FORMS TO CLASSROOM TEACHERS OR MAIN OFFICE

****The signed permission slip does not guarantee entry into Mileage Club. ****

The signed permission slip does not mean the student is registered.

The signed permission slip will be entered into a lottery.

Mileage Club registration process:

1. Fill out the application and turn it in.
2. All forms received by dismissal on 3/10 will be placed into a lottery.
3. Students that are selected for Mileage Club will receive a google classroom invite by 4/1. Students that are not selected for Mileage Club will receive an email. **Any student that turned in an application and doesn't get notification on those dates should contact Mrs. Brady immediately.**

Club dates:

SPRING

Monday group:

4/24

5/1

5/8

5/15

Wednesday group:

4/26

5/3

5/10

5/17

Friday group:

4/28

5/5

5/12

5/19

Detach and return the final page of this packet!

Please listen to morning and afternoon announcements for cancellations. Parents: You can view AM announcements on school website, but students are responsible for listening to PM announcements. Also, join "Remind" for text and email alerts.

Warwick Valley Middle School Mileage Club Application

Student name: _____

Grade: _____

Per. 1 teacher/room: _____

Period 9 teacher/room: _____

STUDENT

I have read the Mileage Club information sheet, understand all procedures, and will follow all rules and expectations of the WVMS Mileage Club.

_____ student school email: _____
Student signature (*Write this clearly! This is how you will be notified!)

Circle one:

I am allergic to bees.

I am not allergic to bees.

List any other medical concerns here: _____

PARENT

I have read the Mileage Club information sheet with my child, _____. He/she understands all procedures and expectations of the WVMS Mileage Club.

_____ Print parent/guardian name Parent/guardian signature

Parent email: _____

Parent phone: _____

Please indicate first choice of season & day with #1, second choice with #2, and third choice with #3. If you are only available one day please don't put a second choice. If you are only available 2 of the days, please don't put a third choice. (You can choose ONE season and ONE day to attend!)

- _____ Spring Monday
- _____ Spring Wednesday
- _____ Spring Friday

***Please return this permission slip to the box outside of room GX by 3/10/23**

The signed permission slip does not mean the student is registered.

The signed permission slip will be entered into a lottery.

Students selected for Mileage Club will receive a selection/assignment packet via email by 4/1

Name: _____

Check here if you are interested in running for any of these positions in Mileage Club:

_____ Reporter (work on writing newspaper articles about Mileage Club events)

_____ Data and materials (helping organize and count cards, set up necklaces, etc.)

Office use only:

Received on _____

Assigned Season & Day: _____