the MORNING MILE

EDUCATIONAL HORIZONS CHARTER SCHOOL

Green Means Go!

RULES & EXPECTATIONS:

1	Golden Rule: Treat others the way you want them to treat you! No pushing, chasing, bullying or hitting!
2	Have fun, be kind/ respectful and include everyone! No playing on playground equipment.
3	Runners pass on the outside and those walking stay on the inside lane.
4	Make sure to stretch before arrival to prevent injury
5	Drink plenty of water and don't forget your water bottle when leaving
6	Be honest with yourself. If caught taking more than one stick, 1st time warning, 2nd time 5 sticks taken from you, and 3rd time trip to office.

1	Tuesdays & Thursdays Arrival Time is: 8am Breakfast is: 8:15am End Time is: 8:25am
2	1 mile = 15 laps 4 miles = 1 charm 1 charm = 60 laps
3	No morning mile if rain, lightening, below 40 or not enough volunteers
4	You can earn extra sticks by showing kindness, participation, including others, and being respectful
5	Charms will be given at Spirit Day which is 1st Friday of every month
6	Must be a registered volunteer to help. Make sure to get your badge in front office at arrival and thank you for helping!