

**ST. CLOUD ELEMENTARY SCHOOL**

71 Sheridan Avenue  
West Orange, NJ 07052

October 10, 2017

Dear Parent(s) and Guardian(s),

On Friday, October 13<sup>th</sup>, kindergarten, 1<sup>st</sup> and 2<sup>nd</sup> grade students will participate in the 5th Annual Fall Festival Run. The Fall Festival Run is a run/walk event. The event will take place at Stagg Field at 2:15 p.m.

Students will need to wear appropriate sneakers to participate in the event. The kindergarten will be running 100 meters and 1<sup>st</sup> and the 2<sup>nd</sup> grade students will be running 200 meters. Each grade level will take turns running the course.

Running is a great activity that has many health benefits. It can help with maintaining or achieving a healthy weight, fighting cardiovascular disease and type 2 diabetes. Running can have a positive influence on mental health as it helps alleviate signs and symptoms of depression. Proper running is associated to major fitness components such as cardiovascular endurance, muscular strength, flexibility and body composition.

I hope the Fall Festival Run will encourage students to understand that running is a lifelong activity. It is fun to participate with others and develop camaraderie with peers. Running also places a value on the importance of physical activity for enjoyment, health, self expression, challenge, and social interaction.

The Fall Festival Run is not only for the students and staff members. You as family members are invited to cheer for your runners. Fitness is a family affair.

Sincerely,

Gregory Marchesi  
Physical Education Teacher