

I spoke to Dr. Baskerville about a week ago about leading Girls on the Run at Franklin Elementary and she was pleased with the idea. Please let me know if we are able to run the program here and what is needed if you give us the ok. There is also another program, similar to Girls on the run, but it is for males called, "Let Me Run". We would also be interested in running this as well for our boys once we get Girls On The Run started.

Who: Ms. Rodriguez, Mrs. Santoro, Ms. Mazzeo, Ms. Jessica, and Mr. T

What: Lead Girls on the Run for grades 3-4 (Team of 12 girls)

GOTR is an international nonprofit that offers programs to strengthen 3rd-8th grade girls social, emotional, physical, and behavioral skills.

The research based curriculum includes:

- Understanding ourselves
- Valuing relationships
- Recognizing how we can shape the world
- Setting and achieving goals (like the 5k)
- Making new friendships
- Participating in community service
- Empowering girls to appreciate and value healthy habits

When: Weeks of April 8- June 1 from 3:20-4:15pm ; Newark 5K: June1; Princeton 5K: June 2

Where: Franklin Elementary School

How: Ms. Rodriguez will organize and work with the representative from GOTR

Cost: School and community sites with 50% or more families identified as "low income" are offered a flat \$25 fee for all participants (which represents a \$225 program subsidy). We can explore additional funding opportunities if needed with the organization.

LET ME RUN Program Information:

Each team must have:

- A site contact, a trained head coach, and an assistant coach (Ms. Rodriguez)
- A minimum of 6 boys and a maximum of 14 boys
- Separation between 3rd grade team(s), 4th-5th grade team(s), and 6th-8th grade team(s) because our curriculum is tailored to the needs of each age group
- An hour and fifteen minute practice twice a week for 7 weeks, then an end-of-season 5K race
- Access to a community 5K race
- Private funding, or a \$125 program fee per boy + 5K race fee (price varies by region) (I am waiting to hear back about financial support if we cannot cover the \$125)

I look forward to getting this started and leading our girls to make healthy choices.

Thank you.

Alicia Rodriguez
School Counselor
Middle School Volleyball Coach
Franklin Elementary School
908-851-4699

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School Counselor
Franklin Elementary School
908-851-4699