



# Student Monthly Fun Runs

Each month host a themed mile run event, either during or outside regular P.E. classes, where students can earn monthly certificates upon completion.

## Suggested Monthly Themes\*



**October** - Pumpkin Run: Students dress up in costume or orange



**November** - Turkey Trot Run: Students wear yellow beaks or dress up as turkeys



**December** - Ugly Sweater Run: Students wear their favorite ugly holiday sweaters



**January** - Penguin Plunge Run: Students wear scarves and hats for an outdoor winter run



**February** - Cardiac Caper Run: Students dress in red



**March** - Shamrock Shuffle Run: Students dress in green



**April** - Raindrop Run: Students dress in raincoats or their favorite spring outfits



**May** - Spring Marathon Run: Students dress like marathon runners

*\*Schools are welcome to change up the monthly themes as they see fit!*

*Suggestion: Apply for a 2025-2026 Healthy Schools, Healthy Children Physical Activity enhancement or innovation grant opportunity to support the Student Monthly Fun Runs*

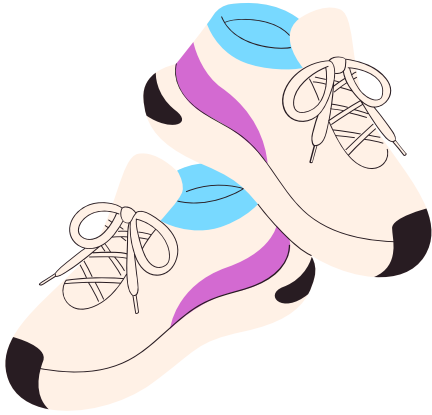
## Guidelines

- Minimum of 2 classes must participate per event.
- Schools will receive monthly themed student certificate templates for October through May.
- Schools will receive a starter kit with 8 water bottles to use as monthly incentives or prizes for students.
- Earn 10 TYSWIW points for each monthly run.

## Request Link

**Deadline for requests: May 1, 2026**





# Student Mileage Club

Outside regular P.E. classes, organize student mile runs or walks. Students can earn toe tokens upon each mile completion.

## TOE TOKENS

5 miles completed = 1 toe token

Students can attach toe tokens to their shoelaces as a badge of honor to show off how many miles they have completed.

Optional: Award students with prizes after earning a certain number of toe tokens. For example, after 5 toe tokens have been earned, students can earn a water pouch or other prize.



*\*Suggestion: Apply for a 2025-2026 Healthy Schools, Healthy Children Physical Activity enhancement or innovation grant opportunity to support the Student Mileage Club*

## Guidelines

- Minimum 10 students must participate.
- Mile runs or walks must be held outside of regular P.E. classes.
- Mile runs or walks can take place during recess.
- Official clubs can be before or after school.
- Schools will receive a starter kit that includes a bag of toe tokens to give out to students, plus 10 water pouches to use as incentives or prizes.
- Pedometers available upon request.

## Request Link

**Deadline for requests: May 1, 2026**



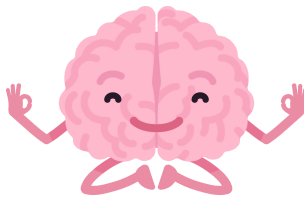
# Student Wellness Kits

Ready-to-use kits and pedometers to support student mindfulness, nutrition, and physical activity.

*\*Schools are eligible for 1 of each kit & 30 pedometers per school year.*

## Mindfulness Kit

Upon request, your school will receive 1 bag with an assortment of age-appropriate items to promote healthy stress management and awareness such as journals, coloring, kinetic sand, fidgets and breathing tracers.



25  
TYSWIW  
pts

## Pack-A-Snack Kit

Pack-a-Snack is an easy-to-implement, incentive-based program that helps young people discover healthy diet habits and choose healthy snacks. Each kit includes materials such as recording sheets, posters, and education.



25  
TYSWIW  
pts



## Pedometers

Upon request, your school will receive 30 pedometers for students to track steps during classroom or P.E. challenges.



25  
TYSWIW  
pts

### Request Link

Deadline for requests: May 1, 2026





# 4-Week Walking Challenge

**THE GOAL:** Increase the amount of walking your entire class engages in, above and beyond their normal classroom routines.

**INSTRUCTIONS:** This 4-week program is open to classes in grades K-12. A minimum of 2 classes per school must participate to earn prizes and points. Use the log on the reverse side of this sheet to track minutes walked. Completed logs due no later than 2 weeks after end date via email to [healthyschools@atlanticare.org](mailto:healthyschools@atlanticare.org).



Level 1: 150-200 minutes	Prize: Pencils + Stickers
Level 2: 201-250 minutes	Prize: Fidget Toys + Stickers
Level 3: 250+ minutes	Prize: Water Pouches + Stickers

**NOTE:** Eligible walking minutes do not include regularly scheduled walking to/from classrooms, cafeteria, exiting at end of day, etc.

Each individual class participating will be awarded based on number of minutes walked.

Pedometers available upon request.

## EXAMPLES OF ELIGIBLE WALKING MINUTES TO RECORD INCLUDE, BUT ARE NOT LIMITED TO:

- An organized classroom walk outside during first 10 minutes of recess
- An extended walk down the hallways before going to lunch
- An organized class walk inside or outside before/after a test
- An organized walk around the perimeter of the building as a class reward

## Request Link

**Deadline for requests: May 1, 2026**



# Classroom 4-Week Walking Log

School Name	
Teacher Name	
Start Date	
End Date	
# of Students	
Grade	

	Minutes Walked: WEEK 1	Minutes Walked: WEEK 2	Minutes Walked: WEEK 3	Minutes Walked: WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
WEEKLY TOTALS				

<b>TOTAL FOR THE 4-WEEK CHALLENGE</b> <i>(in minutes)</i>	
--	--

