

# HEALTHY LIVING DAY

*April 26, 2019*



**IMPORTANT  
WALK-A-THON  
INFORMATION!**

## WALK-A-THON DETAILS!

Our BCS 2018 Healthy Living Day/Walk-A-Thon will be held on Friday, April 26th. The day will be centered around promoting and living a healthy life in Mind, Body and Spirit. As such, our day's activities will include faith, physical exercise, and mind-challenging projects.

**Students in K-8** will come to school as usual, and are to wear their Walk-A-Thon t-shirts (will be sent home earlier in the week to all students) with jeans or uniform pants. They will start the day with a prayer service at school, and will be bussed to Highfield Park for the Walk-A-Thon, which will start around 10 AM. All parents wishing to walk with their students should go directly to Highfield and meet the students there. The walk-a-thon will last approximately one hour, and then K-8 students will be transported by bus back to Butler Catholic at approximately 11:15 AM.

All parents are welcome to come and enjoy a brown bag picnic lunch in the school gymnasium with their students immediately following the walk-a-thon. Parents should drive to the school and meet their student(s) there. Lunch will begin at approximately 11:45 AM, and end around 12:30 PM. **All students and families attending the walk-a-thon will be provided a brown bag lunch — order forms for this will be sent home in April.** After lunch is over, students will have an afternoon of Healthy Living Day activities, and will be dismissed at the end of the day as usual.

**Preschool Instructions:** Preschool students are invited and encouraged to participate in the walk-a-thon. The school is not allowed to transport them by bus, though, so we ask families to bring their preschool students directly to the walk-a-thon for a 10 AM start. Afterwards, you may drive to school with your preschool students to enjoy the brown bag lunch in the gym. Preschool students may go home with their parents after lunch, or full day students can stay for the rest of the school day and be dismissed at 2:15PM as usual. If your preschool student is not able to participate in the walk-a-thon at Highfield Park, we will be having similar activities for them at BCS during the normal school day, so he/she can come to school as usual.

**Walk-A-Thon Pledges:** We are asking each family to raise \$50 in pledges for the Walk-A-Thon. We've included a simple pledge sheet for you to track pledges/payments and turn back into the school when completed. To keep things as simple as possible for families, we are asking for lump sum pledges. This way, there is no pressure to walk a certain number of laps (students are walking for an hour), and no collecting of monies after the Walk-A-Thon is over. Pledges can also be made online at [www.butlercatholic.org/2019walkathon](http://www.butlercatholic.org/2019walkathon) ; feel free to share this link with family and friends.

**Pledge sheets should be completed and returned to school with payment  
no later than April 25th.**

Questions? Please contact Butler Catholic School at (724)285-4276 or email [healthyliving@butlercatholic.org](mailto:healthyliving@butlercatholic.org).