



Dear Principal

As a parent AND/OR community member of

I am interested in helping our school provide more access to fitness programs that promote physical literacy. I came across a really fun program for elementary schools called **BOKS (Build Our Kids Success)**.

BOKS prepares children for a day of learning by getting them to be physically active before their school day starts. BOKS was inspired by the book "Spark" by Dr. John Ratey of Harvard Medical School. Several studies establish that moderate to vigorous physical activity stimulates brain function and creates the physiological conditions for students to be ready to learn. BOKS classes focus on functional fitness movements and are filled with team-oriented games that provide plenty of opportunity for play, since the program focuses on fun!

I believe BOKS will have a positive influence on our children and our school and would like to ask for your support to bring BOKS to our school. Please visit the BOKS website at www.bokskids.ca for more information.

Sincerely,

Active Kids = Active Minds