

## ***Introducing: The Totoket Valley Trotters!!***

The Totoket Valley “Trotters” is an amazing recess program here at TVES that is a non-competitive fitness & wellness program that encourages healthy behaviors and positive recess choices. Students benefit and learn about the importance of achieving a long-term goal through this program. The program promotes physical activity, burns off excess energy, improves self-esteem and peer relationships and enhances school performance.

During recess, students may choose to run or walk laps to have their mileage recorded by a mentoring adult. Positive peer and school recognition is essential to the program and given to students throughout their journey. For their 1<sup>st</sup> mile they will receive a necklace and a special “apple” charm. Throughout the year, students are able to earn various charms to add to their necklace after completing 1 mile and a “marathon runner” T-shirt at 26.2 miles!! *Last year we had 6 students reach a marathon by the end of the school year!!*

Participation is optional, however, we are asking for you to encourage your child in this endeavor. Please make sure they are wearing sneakers every Tuesday (rain dates on Thursday), as this will be our “Trotter” day. They can also bring in a refillable water bottle to help stay hydrated before and after the run. All necklaces will be stored in the classroom for safe keeping and be taken home at the end of the school year.

This program is run entirely by volunteers!! ***SO, WE NEED YOUR HELP!!*** We are starting next Tuesday, September 12<sup>th</sup>. You can come during your child’s recess time or longer. We will track the students’ laps, hand out earned charms and most importantly CHEER THEM ON!! Younger siblings are more than welcome to come and join the students as you volunteer.

If you can help, even if it’s not every week, please fill out the form on the back and send it into school with your child or contact Karen Martone at [karmartone@comcast.net](mailto:karmartone@comcast.net) with any questions. Karen will get in touch with you to get you started.

Thank you in your efforts to help get **TVES TROTTHING!!**  
Joe Amodio, Karyl Morton & Deena Scigliano

**RECESS SCHEDULE:**

10:00 – 10:25 = TEAM 3A (Amodio, DeAngelo, DiStefano, Scigliano)

10:15 – 10:40 = TEAM 5B (Champagne, Golia, Trinkaus)

10:50 – 11:15 = TEAM 3B (DiLella, Pantalena, Robinson)

11:15 – 11:40 = TEAM 4A (Morton, Pettis, Thompson)

11:35 – 12:00 = TEAM 4B (Johnson, Scasino, Sobo)

12:20 – 12:45 = TEAM 5A (Reyher, Rice)

### TVES Trotter Volunteer

Your Name: \_\_\_\_\_

Your Email: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Volunteer Options (please circle):

Every week

every other week

once a month

Thank you for volunteering!!

Karen Martone – PTO Vice President & Trotter Chairperson

[karmartone@comcast.net](mailto:karmartone@comcast.net)



