Let Me Run is a wellness program that inspires boys to be themselves, be active, and belong. The program is designed to amplify confidence, self-expression, and respect for others, each practice includes a lesson from the Let Me Run curriculum that incorporates running, games, and activities. We will end our season with a 5k race that celebrates the boys' personal growth.

Registration at Smithton School is now open for boys in grades 4-5! The season starts on February 27th, meets Tuesdays and Thursday and ends with a 5k race on April 20th in Tower Grove Park. Visit <u>LetMeRun.org</u> to learn more and register. Questions? Email losborn@sccsd130.com, jsmith@sccsd130.com, amorra@sccsd130.com

Thanks,

Lexie Osborn, Jessi Smith, and Amy Morra