

# Girls on Track for Grades 6-8

Dear Middle School Girls and Parents,

Ann Polan, School Counselor, is interested in bringing Girls on Track to St. Clement this spring! Girls on Track (GOT) is a version of the Girls on the Run (GOTR) program, but is specifically geared towards girls in middle school. Since GOTR has been so well-received at St. Clement, we are considering adding a Girls on Track program for our middle school girls.

The 20-lesson GOTR/GOT curriculum combines training for a 5k (3.1 miles) running event with lessons that inspire girls to become independent thinkers, enhance their problem solving skills and make healthy decisions. All of this is accomplished through an active collaboration with girls and their parents, schools, volunteers, staff and the community. The Girls on Track program differs from the Girls on the Run program by:

- using the Girls on the Run model, but focusing on issues of importance to 6th-8th grade girls;
- providing all the elements of Girls on the Run and addressing the middle school experience;
- including lessons on healthy relationships, avoidance of tobacco and alcohol, eating disorders and personal safety; and
- supporting the girls in their transition into the teenage years.

More information about Girls on Track can be found at the GOTR St. Louis website <http://www.girlsontherunstlouis.org/>

Practices will be held twice a week after school. The fee for the program is \$150 per girl.

In order for us to move forward with the program, we need to assess the level of interest for students and parents. Please complete the bottom portion of this letter and return it to Ann Polan by Friday, October 14, 2011. Your responses on the survey will not require you to participate; we are only trying to gauge interest.

Please contact me with any questions.

Thank you,

Ann Polan  
Professional School Counselor  
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apolan@stclementschoo.com



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Please return to Mrs. Polan by Friday, October 14, 2011.

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

\_\_\_ Yes! I am very interested in joining Girls on Track with my parents' permission.

\_\_\_ I might be interested in joining Girls on Track, but I'm not sure yet.

\_\_\_ No thanks, I am definitely not interested in joining Girls on Track.

Mother's Name \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_ I am interested in volunteering or coaching Girls on Track, please send me more information!

\_\_\_ No thanks, I am not interested in coaching or volunteering.