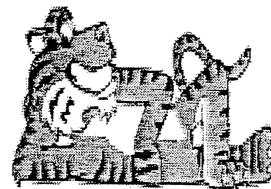


# Permission/Consent Form



## "Tiger Up!"



## Get Fit, Don't Sit!

The Lake Butler Elementary School Morning Mile will begin on  
Monday, September 13th

Tiger Up! is a walk/run to give students an opportunity to exercise at the beginning of the day. There will be parent volunteers supervising the "track" (located behind the school) every school day from 7:30 - 7:50 am. Bring your running shoes and meet us there!

Please note that students should NOT arrive before 7:30. Children arriving by bus can go directly to the track when their bus arrives.

Parents are all welcome to stay and walk with their kids, or to volunteer to help punch cards and get kids moving! Please sign the consent form to allow kids to participate, noting that this is a voluntary and volunteer-led activity.

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

Teacher and Grade: \_\_\_\_\_

As parent/guardian, I give consent for the above named child to participate in the Morning Mile program at Lake Butler Elementary School.

Parent Signature: \_\_\_\_\_

Students—please read and sign the Morning Mile Pledge on the other side of this paper. Forms can be turned into your teacher with your homework, or brought to the track on the first day you come. We look forward to seeing you.

# Lake Butler Elementary

## Tiger Up Pledge



I \_\_\_\_\_ choose  
to join this group and pledge the following:

I will respect myself, all fellow students, the parents  
and volunteers, and school property.

I will follow the directions of the Tiger Up volunteers.

I will practice good sportsmanship by not cheating,  
cutting corners, or interfering with other students.

I understand that when I am done running/walking, I  
should go directly to my classroom, cafeteria, or  
the picnic area.

I will stay on the track and stay off playground equipment.

I will have fun and get fit!

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(student signature)

