

bOKS

Dear Parents and Guardians,

We are pleased to announce the launch of BOKS, a before school physical activity program, at the Otis School this fall. BOKS prepares children for a day of learning and is an important step in helping children gain an appreciation of the benefits of exercise and healthy choices that will last a lifetime. BOKS was inspired by Dr. John Ratey's book "Spark". Dr. Ratey, of Harvard Medical School, states "exercise is the single most powerful tool that we have to optimize the function of our brains." Classes are filled with team-oriented games and provide plenty of opportunity for play, since the program focuses on fun!

Typical BOKS Class

- Fun warm-up game or movement drills
- Running activity, relay races, obstacle courses and strength movements
- Fun game
- Cool down and a BOKS Bit- a nutrition component of the program

When is BOKS?

BOKS will run Monday and Tuesday morning from 7:30 am to 8:05 am. BOKS will also take place after school on Monday and Tuesday from 3:00 pm to 3:30 pm. The session starts on October 1 at 7:30 am.

Is there transportation for BOKS?

Parents will be responsible for transporting their children to school. Children who attend a before school program are eligible to enroll and participate.

I hope that you will share my enthusiasm for this program and you will, in turn, see a positive impact on your children.

Sincerely,

Dr. Mahoney & Mr. Mallios