

El Paso ISD has a continued and growing partnership with the Braden Aboud Memorial Foundation. This year, EPISD is asking our campuses to promote a Braden Aboud Run/Walk “Kick-off” event to help inspire and train our students who may want to participate in the run (participating in the run is not required).

#### Braden Aboud Run/Walk “Kick-off” Planning:

1. Plan “Kick-off” event. There will be a city wide “Kick-off” date of April 6<sup>th</sup> (See ideas below).
2. Distribute B-Fit schedules to all 4<sup>th</sup> and 5<sup>th</sup> graders.
3. Encourage and monitor students throughout the 6-week training schedule.
4. Have physical education teachers “stamp” student’s schedule each Monday and Wednesday.
5. (Optional)-Distribute Run/Walk information to students, parents, faculty, and staff. You can earn \$300, \$500 or \$750 for your P.E. programs and/or PTA. Be sure to review the grant opportunity for your school for details. Offer rewards to those who enter the Race through your schools Scholar Dollars or Rewards program. 10 rewards for entering the race. (the entry fee is \$10 for students)
6. Reward students with “B-Strong” water bottles to all who complete the B-Fit 6-week training schedule (see below for additional ideas).

#### School “kick-off” ideas:

- Contact community donors for fruit and/or water for your kick-off event.
- Have a Run/Walk Kickoff during PE.
- Have students wear pink and make signs in support of the Braden Aboud Race the day of the kickoff. Hang the signs up around the school.
- Invite a SHAC officer, foundation representatives, or EPISD staff to be a guest speaker at your school the day of the Run/Walk Kickoff with their teachers and parents.
- Invite your local media with your campus’ plans to “B-Fit”.
- Promote the Braden Aboud Run/Walk Event with flyers or posters.

#### B-Fit Schedule completion ideas:

- Provide water bottles at the year-end awards ceremony for the students as a trophy.
- Have one student present the impact the B-Fit training schedule had on them the day of the year-end awards ceremony.

Braden Aboud Memorial Foundation is dedicated to improving the health and educational development of youth in El Paso. **Braden Aboud Run/Walk is being held at Zach White Elementary on Sunday, May 15<sup>th</sup>.**



For more information, please visit:

[http://www.episd.org/\\_departments/health\\_and\\_pe/bradenaboud/index.php](http://www.episd.org/_departments/health_and_pe/bradenaboud/index.php)