

MORNING EXERCISE HELPS PROMOTE HIGHER BRAIN FUNCTION

TAKE ACTION NOW!

Before-School Physical Activity Program • For Grades K–5

Dear [TEACHER NAME],

The mission of Build Our Kids' Success (BOKS) is to promote the profound impact of physical activity on a child's mind, body, and community. Like you, we believe in giving kids every opportunity to succeed inside and outside the classroom. One of the best ways to do that is by giving them a body and brain boost with the BOKS before-school physical activity program.



Why Is BOKS Important?

Research shows that physical activity not only helps tackle increasing obesity rates, but it can also improve academic performance. A recent study by the National Institute on Out-of-School Time showed that students who participated in BOKS before school performed significantly higher on standardized tests than those who did not.

What Can You Do?

Bring BOKS to your school! BOKS is a free program that empowers teachers, parents, principals, and community members to provide opportunities for physical activity before school when kids can play, exercise, and have fun with their peers. When you volunteer to facilitate the BOKS program in your school, you are giving kids a great start to their day and to yours as well!

Help Build Our Kids' Success—make your school a BOKS school!

[LEARN MORE](#)

Sincerely,

Scholastic and BOKS



Learn more about BOKS by attending one of these **FREE** webinars

Agenda items include:

- ◆ Brief overview of history, program, and updates
- ◆ Introduction to BOKS Executive Director & Founder, Kathleen Tullie
- ◆ Curriculum Overview
- ◆ Common practices
- ◆ How to engage the BOKS community

Please sign up to learn more about how you can Build Our Kids' Success!

November 15th 12:00pm EST <http://15november1200est.eventbrite.com>

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