

**QUOTABLES:** "Mighty Milers is a program that puts the spotlight on students through another avenue... This program allows students to shine in ways they may not have imagined they could."

—AMBER WETHERN, Sylvan Elementary School

## Running Rules at School Assemblies

There's always time to run at Sylvan Elementary. This small school in Modesto, CA offers Mighty Milers time to run during P.E., before or after snack recess, during lunch recess, and after school. "I am often asked if today is a 'Mighty Miler Day!'" says Barbara Allen, a 3rd grade teacher at Sylvan. "I really enjoy running with them and they enjoy the challenge of trying to beat the teacher."

Mighty Milers at Sylvan try to beat each other, too. Teachers nurture some healthy competition at the monthly assembly, where Site Coordinator Amber Wethern shares the school's progress and breaks it down by class. She ends the assembly by announcing the top two classes for the month. "When the 5th graders go out, you can hear them encourage the rest of their class by saying, 'Come on guys, we don't want 4th graders beating us!'" she shares.

Teachers at Sylvan use Mighty Milers to help students master tally charts and bar graphs. K.C. Palazuelos, who teaches 2nd grade, is looking to incorporate pictographs, too. Mighty Milers also provides students with opportunities to develop leadership skills. Palazuelos selects two students before class to help direct their peers through stretches and warmup activities.

Ready to run at Sylvan Elementary.



Say hello to the Mighty Milers at P.S. 124!

## Logging Miles on the Way to Afterschool

What advice does Derick Martinez have for new Site Coordinators? "Don't be afraid!" he says. "Your kids will love Mighty Milers! They're very resilient and they can do it." Martinez works at an afterschool program at P.S. 124 in Brooklyn, NY, but his Mighty Milers come from two other schools!

P.S. 10 and P.S. 39 don't offer afterschool programs, so these students walk and jog with counselors to P.S. 124 after class, getting their miles in along the way. Sometimes the counselors turn the half-mile walk into a nature walk and talk about different trees in the Park Slope neighborhood to keep the students focused and engaged.

Once these Mighty Milers arrive at P.S. 124, they can have a snack, do homework, and play games and other activities in the gym, all while bonding with kids from other schools. "I see a difference in the behavior between the Mighty Milers and the students at P.S. 124, who don't get that walk every day. They come in, they're quiet, and they're ready to start afterschool," Martinez says.

## Coming Soon... Incentives for Teachers!

Are you logging *your* miles in the Mighty Milers Database yet? You can use **Teacher Tracking in the Database** to log the laps you run or walk with your students. Over 400 Site Coordinators and Session Leaders across the country have logged more than 10,000 miles this year!

**Starting March 1, we will send incentives to Site Coordinators and Session Leaders when they reach 5, 20, and 26.2 miles.** Teachers who have already reached these milestones this year will receive their incentives in early spring. Run 5 miles, and we'll send you banner pens. After 20, you'll receive a Mighty Milers t-shirt. Finish a marathon, and you can show your students your very own medal for added motivation.



Last year, Scott Sugarman ran with his Mighty Milers from I.S. 7 at a Halloween fun run on Staten Island.

### Looking for some new cheers?

With over 330 languages spoken in the United States alone, why not cheer on your fellow Mighty Milers in some of them? Here are some words of encouragement from across the country and around the globe:



Haitian Creole:

**Ale! (ah-ay)**

Korean:

**힘내세요 (him-nae-seh-yo)**



Hebrew:

**קדימה! (ka-dee-ma)**

Mandarin Chinese:

**加油 (jia-you)**



Italian:

**Corri! (co-ree)**

Japanese:

**がんばれ (gaan-bar-ey)**



Spanish:

**¡Ánimo! (ah-nee-mo)**



Russian:

**Давай! (da-vay)**



Check out these marathoners from Alice B. Beal Elementary in Springfield, MA!

### Fun Facts:

- How many languages do we have? It's difficult to know for sure, but experts estimate at least 6,909 languages are currently in use on the planet.
- Mandarin Chinese is the most widely spoken language in the world, followed by Spanish, English, Hindi-Urdu, and Arabic.
- The word "mighty" dates back to the 14th century and evolved from the words "miht" and "mæht." "Miler" comes from "mile," from the Latin word "mila."