

Dear Parents,

We are pleased to announce that BOKS, a before school physical activity program, is back at Countryside 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 that "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

- 40 minutes long
- 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 every Monday and Thursday mornings from 7:30 am to 8:15 am. The session starts on September 26 and will end on December 15.  
□

**How do I sign up?** Contact Freya Hurwitz at [freyahurwitz@gmail.com](mailto:freyahurwitz@gmail.com) to let her know you want to register your child(ren). Approximately 40 children may participate in the session, and children will be enrolled in the order they are registered. The session is \$50 for the first child in the family, and \$25 for each additional child. □

If you are interested in becoming a volunteer please contact Freya Hurwitz ([freyahurwitz@gmail.com](mailto:freyahurwitz@gmail.com)). You can also visit the BOKS website at [www.bokskids.org](http://www.bokskids.org) for more program details. □ I hope that you will share my enthusiasm for this program and you will, in turn, see a positive impact on your children. □

Sincerely, Freya Hurwitz

WE'RE ON A  
*Mission*

to promote the profound impact of physical activity on a child's **MIND, BODY, and COMMUNITY.**

⚡ *Body* ⚡

BOKS kids were generally **MORE ACTIVE** and show notable increases in their depth and breadth of **NUTRITION KNOWLEDGE.**



Kindergartners who participated in BOKS for one year gained an average of

*13 more minutes*

of physical activity per day than their non-participating peers.

*94%*

of participants said that they have fun at BOKS.

*85%*

get more exercise since starting BOKS.

Get up and Go with BOKS

**boks** build our kids' success  
energized by Reebok

**#RiseWithBOKS**

Learn more at: [BOKSKIDS.org](http://BOKSKIDS.org)

SOURCES:

1. Internal BOKS Surveys conducted with BOKS parents, teachers, and students in Massachusetts and Washington, DC. Fall 2013 and Spring 2014.
2. Research Findings from National Institute on Out-of-School Time, Wellesley Centers for Women, Wellesley College.