



**TDES Track**  
Every Thursday  
2:20-2:50 (Recess)

# TDES PACK ON TRACK



**2:20-2:50**

EVERY THURSDAY, 5TH GRADERS WILL HAVE THE OPPORTUNITY TO JOIN MS. RAJNISH AND MS. ZIEGLER, ACCOMPANIED BY A SPECIAL GUEST WALKER/RUNNER, TO PARTICIPATE IN WALKING/JOGGING/RUNNING ON THE TRACK. DURING THIS ACTIVITY, STUDENTS WILL HAVE THE CHANCE TO ENGAGE WITH COMMUNITY MEMBERS AND INTERACT WITH THEIR PEERS WHILE ENJOYING PHYSICAL EXERCISE. THIS INITIATIVE AIMS TO PROMOTE BOTH PHYSICAL ACTIVITY AND SOCIAL INTERACTION AMONG STUDENTS, FOSTERING A SENSE OF COMMUNITY AND WELLNESS WITHIN THE SCHOOL ENVIRONMENT. WE LOOK FORWARD TO SEEING THE POSITIVE IMPACT OF THIS PROGRAM ON OUR 5TH GRADERS' OVERALL WELL-BEING AND SENSE OF BELONGING WITHIN THE SCHOOL COMMUNITY.