



January 8, 2016

Press Release

Kids of STEEL Program Kicks Off at the Elementary Schools

Riverview Kids of STEEL program officially kicked off on Monday, January 4, 2016 with 17 students. Twelve students are also registered to run the Kids Marathon in downtown Pittsburgh on April 30. Registrations are still being accepted. Riverview parents are excited for their children to be a part of Kids of STEEL (KOS) which promotes healthy exercise and nutrition habits for our elementary students!

The Kids of STEEL program is open to students in grades K-6. The 17-week program promotes physical activity and encourages healthy eating habits in children. During the program, students make nutritious choices by tasting different foods, like fruits, vegetables and beans, on a weekly basis. They also earn miles to run the equivalent of a marathon (26.2 miles). Students have the option to complete their last mile by participating in the Toyota of Pittsburgh Kids Marathon (one-mile run through downtown Pittsburgh) on April 30, 2016. As coordinator, Mrs. Suzie Everett will be running the Kids Marathon with our students. However, parents are responsible for transporting their child to and from the race.

The Kids of STEEL program is free and students who complete the program will receive a KOS finisher prize. The Kids Marathon costs \$20 and students who complete both the program and the Kids Marathon will receive a KOS finisher prize, Kids Marathon shirt, finisher medal, and goody bag.

Parents are responsible for keeping track of their child's progress. After registering for the program, each student will receive a training guide, which will include tracking logs for exercise and nutrition. PE classes and recess count toward their miles, but students are encouraged to earn miles outside of school as well.

It is not too late to register for the program. Please contact Mrs. Suzie Everett, Riverview KOS Coordinator, at severett@rsd.k12.pa.us with questions regarding the program or to register.