

Dear R.L.A.G. PARENTS,

Congratulations on making it through the first quarter of the 2015-2016 School Year! If you're a returning parent, I trust you've made a *wise* choice. If you're new to our school, I'd like to personally welcome you to our Tiger Family and thank you for adopting us into your child's life. I am both honored and humbled you're allowing your daughter to participate in Run Like A Girl. This year R.L.A.G. displayed both *wisdom* and *brilliance* by getting a head start and beginning practice earlier than last school year. Diligent exercise and active runs/jogs twice weekly has paid off affording us a larger membership of at least 30+ Girls!

At this time of the year, we're ready to begin our urgently needed fundraising efforts. Our first initiative will kick off this month. We'll sell 4 oz. jars of our handmade, tranquil, relaxing and superlatively soothing **Lime and Mint Foot Soak**. The money we raise this year will go towards running gear for each Girl participant to include a jogger's bag, ear muffs, headbands and mittens. Our Girls will exude confidence and strength as they walk down the hallways with running gear in tow, neatly and discretely. Appearing on the scene with style and grace is not just another catch phrase from some music lyric; it comes naturally with poise, as displayed by the R.L.A.G. group. Although the weather outside will quickly change to utter delight (no one from Jacksonville said EVER), the Girls will need warm protective coverings while they jog effortlessly when we participate in local runs and practice weekly, striving to increase both our skill and stamina.

I approach this fundraising effort with certainty that our **Lime and Mint Foot Soak** will be the one and only jaw dropping, show stopping, must have item for purchase at our Annual Grandparent's Day. The official start date is "**November 25th**" with an unofficial completion date of whenever we *run* out (no pun intended), but I'd love to sell as much product as possible prior to Christmas Break. I've forwarded you a sign up email through the website [www.signupgenius.com](http://www.signupgenius.com). The request is for each Girl parent to donate a bundle of ingredients needed to prepare Four 4 oz. jars of **Lime and Mint Foot Soak**. The bundle includes;

**Bundle:**

- 2 cups Epsom salts
- 1 lime
- zester
- peppermint essential oil
- lime essential oil
- green food colouring {optional}
- (4) 4 oz. clean glass jars with lids
- ribbon & paper embellishments for jars

Thank you in advance for your support and cooperation in making R.L.A.G. one of the best and the only Girls group at Tiger Academy.

Sincerely,  
Erin Battle  
Girl at Heart

recipe + labels  
TidyMom.net

June 1, 2015

Hello Run Like A Girl PARENTS!

As we come to a close for the school year, I'd like to begin by saying **THANK YOU** for your support and permission in your daughter's participation with Run like a Girl, (RLAG.) It has been both a pleasure and a privilege to watch the Girls become proud and responsible team members of RLAG. We've grown closer, made friends, and burned some calories along the way. More importantly, were off to a great beginning to being positive about who we are, respecting ourselves, as well as, becoming a part of each other. Although we got off to a late start, I'm sure you can agree that since the beginning, our girls approached every Tuesday and Thursday afternoon with anticipation, spirit, and enthusiasm that makes you just want to grab hold and not let go! We've stretched it out, CHAMPed it out, ran it out, skipped it out, and walked it out with support and motivation from each other, faculty, parents and even Mr. McWhite!

A true celebration is in order for our Girls and we'd love your support! We've been granted permission to have a RLAG Sleep Over at Tiger Academy on Friday June 19, at 6:00. The Girls, our participating faculty members and any female parents will sleep over in Tiger Academy's Media Center on Friday night and awake to an Early Morning Run the following Saturday at 8:00AM. The evening will be filled with fun, games, make-overs, dancing and all things Girlie! Funds are limited so if anyone can contribute to our Friday menu (and prepare it,) that would take care of half the battle, (no pun intended.) Prior to our morning run, we'll also need juice, water, bagels/muffins/breakfast bars to get us moving, shaking and on our way. Our very own Ms. Fuller and Ms. Cobbin have agreed to have a warm, delicious breakfast awaiting us when we return. In addition, each participating member of Run Like A Girl will receive her personalized gift bag upon arrival Friday night. Gift bags will include things such as their favorite snacks, hair bows/headbands, journals/doodle pads, etc.. I would like for all parents to stay for a brief meeting Tuesday, June 9th at 4:45pm in the front conference room (Fish Bowl.) Hopefully we can share ideas and put a stamp on a Ter-rific Event that only a Girl could Understand!



*Erin Battle*

Erin Battle

