

Middle schoolers can ‘take a hike’

By Erin Borla
Correspondent

Sisters Middle School English teacher Becky Aylor challenged middle school students this year to “Take a Hike.” After school two days a week, students are invited to hike with her to get outside, get moving and give them something positive to do after school.

The first Take a Hike outing was last Wednesday, September 6, and she had 22 students participate for a 2.11-mile hike.

Students gathered by the playground as Aylor finished her bus duty, and then she double-checked all permission slips and handed out a healthy snack.

“The first person who signed up spun around blindfolded and pointed in a direction and that’s the direction we took off,” says Aylor.

Throughout their 4,055-step hike students noted the animals and insects they saw. Students were able to trade off walking and talking with Aylor and she noted the conversations they had were “rich, deep, and often humorous.

“One of my favorite things was that a sixth-grade girl said she had never been to the High School before and commented on how big it was,”



PHOTO BY ERIN BORLA

Becky Aylor is challenging SMS students to spend time outdoors.

says Aylor.

Aylor started the program because she wanted to get out and “get her steps in” every day — noting she was aiming for 10,000 steps per day. She turned her own goal into a way students could do something positive for their own health.

After each hike students are able to return to Aylor’s classroom and get a bead for each mile they walk. Aylor will continue the “Take a Hike” program after school Mondays and Wednesdays rain or shine every day except Halloween. If a student shows up to every event they will have walked 36 miles.

“That’s almost to Hoodoo and back,” notes Aylor.

As students participate they get a chance to enter to

win a FitBit. The more hikes they take the more chances to enter to win.

There is still time to sign up for the “Take a Hike” program. The cost is \$10 per student and they need to fill out a permission slip to participate. The \$10 goes to pay for snacks for the group for the entire trimester. Students and parents can connect with Becky Aylor at school or via email at becky.aylor@sisters.k12.or.us.

Box Tops drive underway at SES

The Sisters Elementary School Parent-Teacher Community (SPTC) has kicked off its 2016-2017 Box Tops for Education drive.

Community members are encouraged to clip and save their Box Tops, which can be found on a variety of products like General Mills, Old El Paso, Ziploc, Green Giant, Annie’s Organic and more. These can be submitted to the SPTC, who will bundle and send them in to be turned into cash for the school. Each box top is worth \$.10 for Sisters Elementary School programs.

The Box Tops For Education program began in 1996 with General Mills products. Since then over \$700 million dollars has been raised nationwide for schools.

“This year we will have more locations throughout Sisters that community members can drop off their collected Box Tops,” said Box Top Coordinator

Mylee Card. “This is an easy way to help raise additional funds for our school, and we appreciate everyone’s help!”

Sisters community members can drop their Box Tops at the elementary school, or in Box Top collection containers found at *The Nugget Newspaper*, Sisters Park & Recreation District office, or the Sisters School District main office.

In addition to clipping and collecting Box Tops; there is a Box Tops app that can be downloaded for smart phones which enable certain products to provide double Box Tops for a selected school. The app is free and simply requires users to log in, select products and then scan a receipt once the selected products are purchased.

For more information contact Mylee Card at 541-549-8981 or at mylee.card@sisters.k12.or.us.

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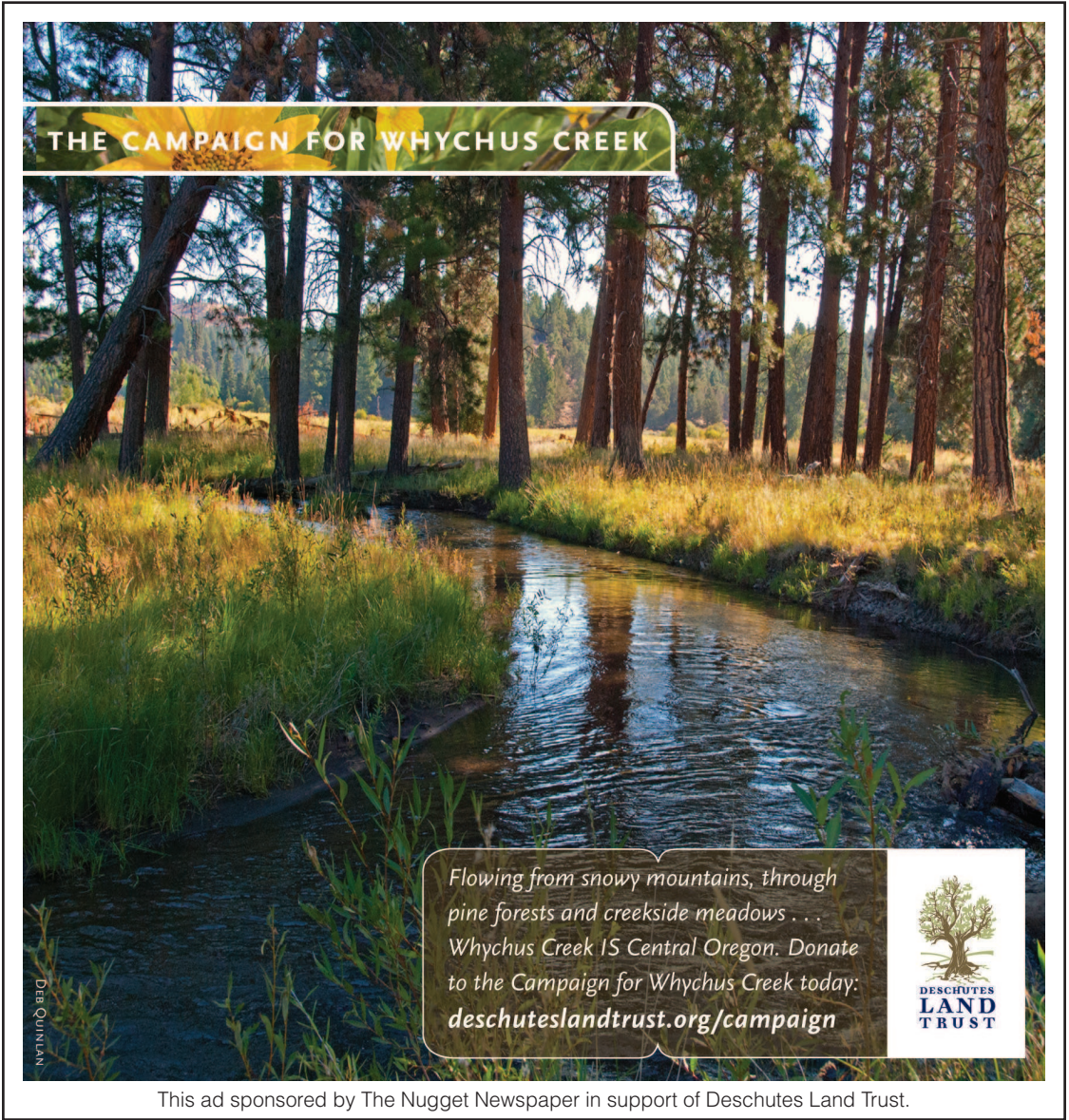
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