

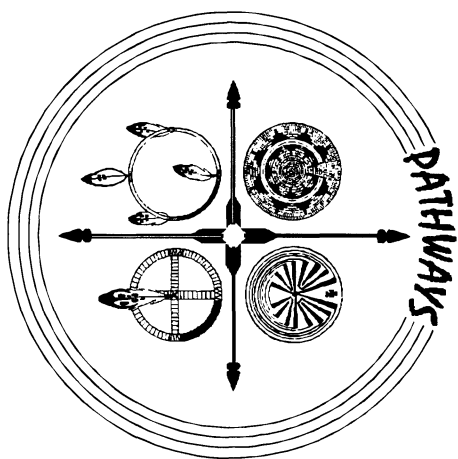


## **Family Pack: Week 1**

**Week 1 envelope includes the following items:**

Pathways Letter to Parent(s)  
Pathways 4th Grade Family Pack Agreement  
Pathways Nations Map  
4th Grade Return Card: Week 1

Week 1



# Family Pack

Week 1

\_\_\_\_\_  
(Student's Name)

Week 1

Week 1

Fall, 1998



Dear Pathways Parent(s),

Pathways welcomes families back to another year of exciting events going on at your child's school. **Pathways** is a health promotion project that emphasizes healthy eating and physical activity. We hope your child and your entire family get involved.

A special part of Pathways is the **Family Pack** program for you and your fourth grader. Each week for the next six weeks your fourth grader will be bringing home information on healthful eating and physical activity. There will also be some fun activities and stories for your family to enjoy.

There is a **Return Card** in each of the Family Packs. After you and your fourth grader look over the information and do the activities each week, we ask that you answer the question on the card. Then sign the card and have your fourth grader return it to his/her teacher. If your family completes and returns at least three cards, your fourth grader will receive a little reward at the end of the first six weeks of the program.

If you cannot be part of the program with your child, another family member may participate with him/her in the activities.

We thank you for participating in Pathways and hope you will enjoy your Family Packs.

— *Pathways Staff*



# Pathways 4th Grade Family Pack Agreement

*This is an agreement letter stating that you and your fourth grader will work together on the Pathways Family Packs. The packs share the traditions of healthful eating and physical activities from the Native American Nations involved in the Pathways Project.*

## **Agreement:**

Each week when a Family Pack is brought home by my fourth grade student, I will take time to look over the Family Packs and participate in the activities with him/her.

After my child and I complete the activities each week and answer the question on the return card, we will sign our names and my fourth grader will take the card back to his/her teacher.

By signing this agreement, we state our willingness to participate in the Pathways Family Packs together.

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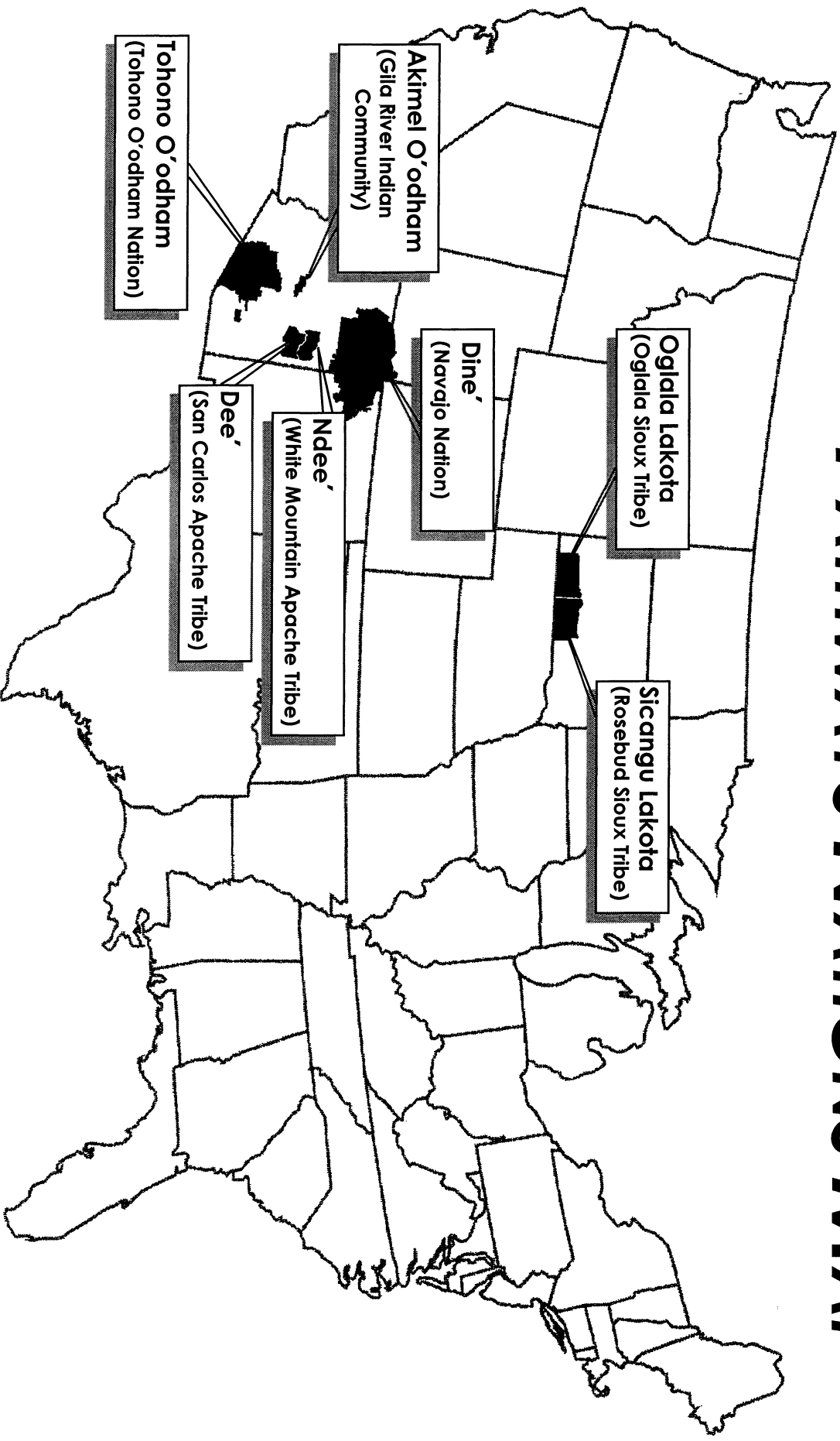
Fourth grader's signature

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Parent(s) or caretaker signature

**This agreement may be kept at home as a reminder!**

# PATHWAYS NATIONS MAP



Week 1

Pathways Family Pack  
4th Grade Return Card

Week 1

Our family completed the Week 1 Family Pack! ☐ YES ☐ NO

What name did you give your family team name?

\_\_\_\_\_

Student Name (Print)

Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name



Week 1

Pathways Family Pack  
4th Grade Return Card

Week 1

Our family completed the Week 1 Family Pack! ☐ YES ☐ NO

What name did you give your family team name?

\_\_\_\_\_

Student Name (Print)

Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name





## **Family Pack: Week 2**

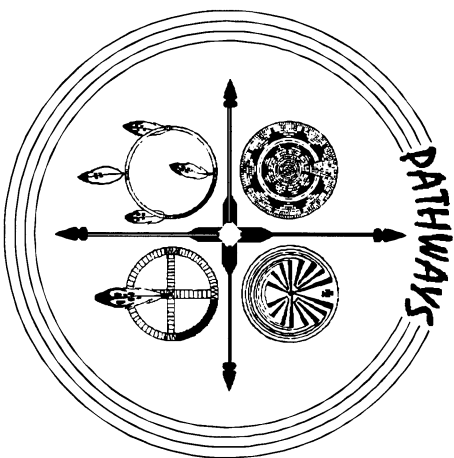
**Week 2 envelope includes the following items:**

"Billy Mills Story"

Family Team Bingo Card

4th Grade Return Card: Week 2

Week 2



# Family Pack

Week 2

\_\_\_\_\_  
(Student's Name)

Week 2

Week 2

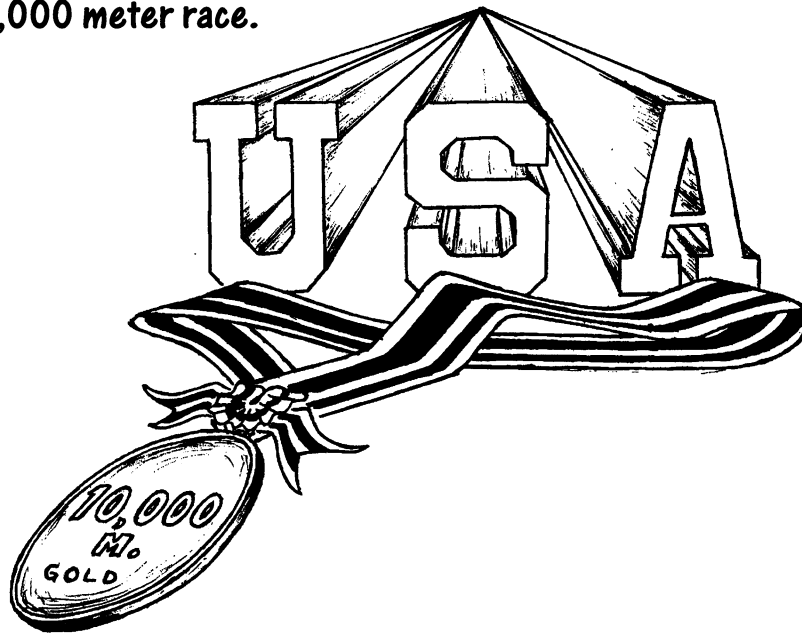


# Billy Mills Story

Illustrations by: Justin LeBeau, a member of the Oglala Lakota Nation

It was a great race for the United States of America! It still is the greatest upset in Olympic history – the 10,000 meter race at the 1964 Olympic Games in Tokyo.

The Gold medal winner was William (Billy) Mills, a member of the Oglala Lakota. Billy Mills is a legend. No other American has ever won the 10,000 meter race.



His mother died when he was seven years old and his father died when he was twelve years old. Raised by his father's relatives, Mills was sent to boarding school.

After high school, he went to college and began to learn to run. His rivals described him as a runner who had wings on his feet.

When Mills joined the Marines, he continued to practice his running. At last, he qualified for the United States Olympic team. Going to the Olympics meant he would compete against the best runners in the



When the favorite Ron Clarke was asked if he had ever heard of Mills, he answered that he had never even heard his name.

After the Mills' Olympic victory, the Oglala Sioux Lakota people bestowed the name, *Makoce Tehi-la*<sup>1</sup> (*Loves his Country*) on Billy Mills. His warrior name show the pride and strength of a man who is known for his greatness.

A movie, *Running Brave*, was made about the life of Billy Mills so that young people could be inspired to succeed.

<sup>1</sup> *Makoce Tehi-la* (Mako-ce Tehi-la) means a love of country.

# Family Team Bingo

**Fourth Grader:** Lead your family team in this new activity you learned this week.  
How many times can you and your team reach Bingo?



**Family Team Members:** Stop exercising if you feel pain, faint, dizzy, or short of breath.  
You may want to consult your physician if you feel any of these symptoms.

**B I N G O**

Jumping jacks	Line push-ups	Jog in place	Bend knees, touch toes: jump up, reach for the sky	Hop on one foot, then the other foot
Spread feet, twist body slowly from side to side	Hop in place	Arm circles forward, arm circles backward	Side bends on each side	Jump rope without the rope
Do the Funky Chicken	Ski jump from side to side	Say a tongue twister: Pathways Pals perform perfect push-ups	Hop forward, back, left, right	Twist, twist, twist – from right to left and then left to right
Jump up and click your heels	Smell the roses on the right and lilies on the left	Balance on one foot, circle your other foot; change feet	Run in place	Jump, up and down, flashing a victory sign
Jump with feet together, then apart	Mirror your partner's movement	March up and down and keep knees high	Bent leg sit-ups	Cool waves to the left, then to the right

**Week 2**

**Pathways Family Pack  
4th Grade Return Card**

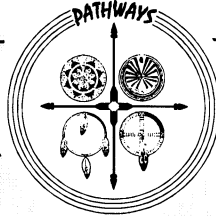
**Week 2**

Our family completed the Week 2 Family Pack! ☐ YES ☐ NO

How many times did your family play Action BINGO this week?

(Circle one) 1 2 3 4 5 or more (Circle one)

Student Name (Print)



Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name

**Week 2**

**Pathways Family Pack  
4th Grade Return Card**

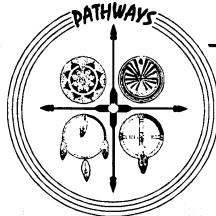
**Week 2**

Our family completed the Week 2 Family Pack! ☐ YES ☐ NO

How many times did your family play Action BINGO this week?

(Circle one) 1 2 3 4 5 or more (Circle one)

Student Name (Print)



Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name