

KM Club – The deets!

“Mom/Dad! Hurry! KM Club starts in 15 minutes!!” Often a popular refrain twice a year at Blake, so here are the things that you need to know, so when the 2017-2018 school year starts, you’ll know what they’re talking about!



KM Club was started at Blake in 2009 by Ms. Dymont, with the support of the rest of the Blake staff, and was inspired by another TDSB teacher who ran the club successfully at his school. The idea behind the club was to have something that all students could be a part of, since so many sports teams are limited to the junior grades, and to inspire the children to see themselves as runners (since Ms. Dymont was an avid runner herself).

KM Club runs twice a year typically in September/October (leading up to the cross-country meet), and in April/May (leading up to the Track & Field meet). Students, who run in KM Club consistently and are interested in either of these two teams, end up having a more successful event as they have built up their stamina over time.

KM Club runs four days a week (Monday – Thursday, with Friday serving as a rain date if needed), and twice a day (8:15-8:25 in the morning, and at morning recess 9:55-10:10). Four laps of our ‘track’ make up 1km. In the morning the teacher outside counts laps manually, and at morning recess students collect a Popsicle stick for each lap (which classroom teachers collect and record after recess). KM Club runs for 4 weeks (typically a total of 16 days, weather-dependent).



Participation is optional, though most teachers encourage their students to at least walk, as they have noticed that the extra exercise often has an impact on behaviours in the classroom (an added plus)! Students have an opportunity to earn certificates and special shoe tags for each 10km that they run, and they get recognition on the morning announcements each Tuesday of the KM Club period, and on the KM Club board on the 1st floor.

The final piece is the coveted “Golden Shoe”. The golden shoe is a trophy that is awarded each week to the class with the highest percentage of participation. Students only have to run/walk one lap to be included in the participation mark for their class, and both before school and morning recess are counted toward this goal. Students are not counted if they are absent, or if they have been asked to stay inside. See you in September out on the ‘track’!

