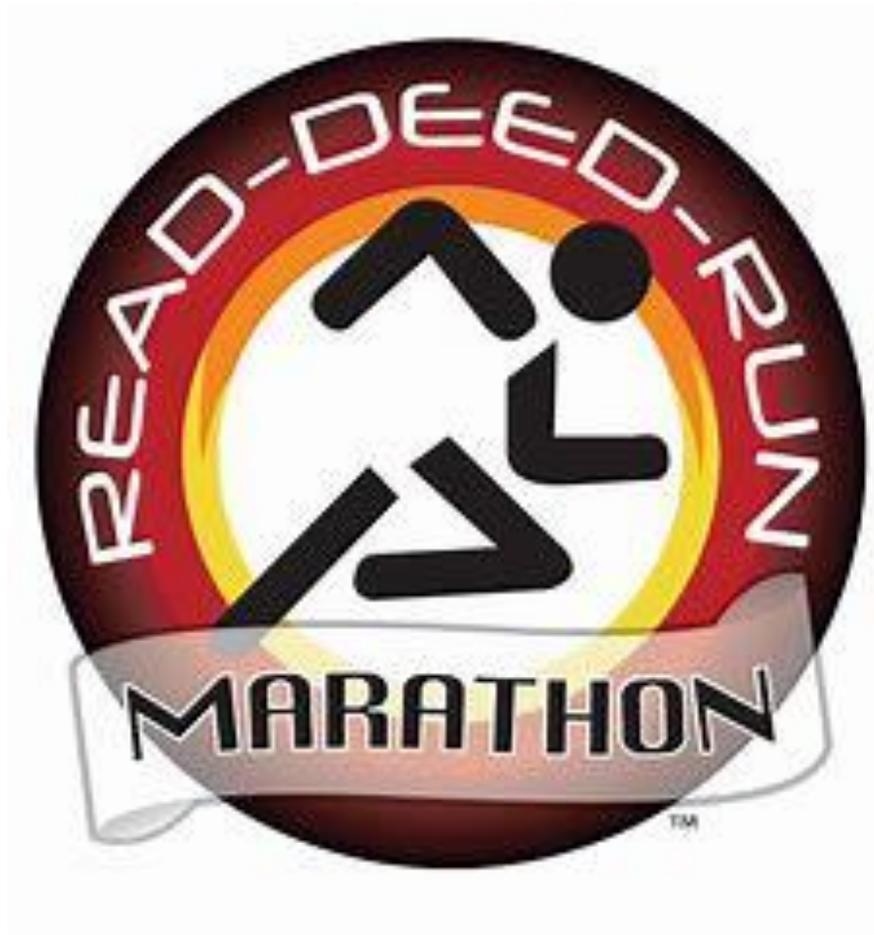


# **JRE Read Deed Run 2021- 2022**



**Name** \_\_\_\_\_

**Homerom** \_\_\_\_\_



**Congratulations!**

**You have been selected to participate in the Randolph Read, Deed, and Run Marathon. What a privilege!**

**In the months and weeks to come you will read lots of wonderful books, give back to the people of our community through good deeds, and treat your heart to some exercise.**

**A marathon is a HUGE accomplishment! We hope that you take this program seriously and will do your best in all that you do. Select good books, take on deeds that will truly benefit others, and run your very best mile every time. You are the very best of JRE and we are so proud of you.**

**We know that through Read, Deed, and Run your heart will not only grow stronger and more compassionate, but you'll experience new worlds and adventures through your books.**

**May the marathon begin!**

**Best Wishes,**

**Mrs. Demarchi, Mrs Jones and the RDR Team😊**

# RDR - Calendar

## October

- 5th: 1<sup>st</sup> Meeting – Run & Deed
- 19th: Meeting – Run & Deed
- (1) Run on your own
- (1) Deed on your own
- (1) Run on your own
- (1) Deed on your own

## November

- 2nd: Meeting – Run & Deed
- 16th: Meeting – Run & Deed
- (1) Run on your own
- (1) Deed on your own
- (1) Run on your own
- (1) Deed on your own

## December

- 7th: Meeting – Run & Deed  
**(Bookler Check)**
- (1) Deed on your own
- (1) Run on your own

## January

- 11th: Meeting – Run & Deed
- 25th: Meeting – Run & Deed
- (1) Run on your own
- (1) Deed on your own
- (1) Run on your own
- (1) Deed on your own

## February

- 8th: Meeting – Run & Deed
- 22nd: Meeting – Run & Deed
- (1) Run on your own
- (1) Deed on your own
- (1) Run on your own
- (1) Deed on your own

## March

- 8th: Meeting – Run & Deed
- 29th: Meeting – Run & Deed
- (1) Run on your own
- (1) Deed on your own
- (1) Run on your own
- (1) Deed on your own

## April

- 12th: Meeting – Run & Deed
- 26th: Meeting – Run & Deed
- (1) Deed on your own
- (1) Run on your own
- (1) Deed on your own
  
- Final run - Race Day!

# Reading Log

**READ – verb. to look at carefully so as to understand the meaning of (something written, printed, etc.): *to read a book; to read music.***

As a member of Read, Deed, and Run, you are required to read **26 books or 2600 pages** by May. The books that you read **MUST** be on your level! After you finish a book, record it on your reading log. Make sure to fill in the chart completely and get your parents to initial it.

Remember, good readers *always*:

- Choose just right books
- Pick books you enjoy
- Read the BLURB
- Monitor comprehension and clarify
- Visualize the text
- Ask questions
- Draw inferences & predict
- Make connections

**Get lost in a book and have fun reading!**

# Reading Log

Select a book to read. Enter the title, author, and number of pages. When you have completed it, get your parent or teacher's initials.

Happy Reading!

#	Title	Author	# of pages	Parent Initials
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				

# Reading Log

Select a book to read. Enter the title, author, and number of pages. When you have completed it, get your parent's initials.

Happy Reading!

#	Title	Author	# of Pages	Parent Initials
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				

**Congratulations! You have completed a READING MARATHON!**

# Deed Log

# **DEED – noun. Something that is done, performed, or accomplished; an act: *Do a good deed every day.***

You are to perform 26 good deeds. As the definition states, a deed is something that you do for **someone** else, an act of kindness.

1 Hour = 1 Deed. That is 26 hours of service to others. **Always** take an adult with you, and in some cases call ahead to make sure they need your help and you are old enough to volunteer before you go.

## **Suggestions:**

- Help an elderly/disabled neighbor with yard or house work. Examples: mow the yard, pull weeds, wash the car, rake leaves
- Create or donate floral arrangements for a senior center, nursing home, or hospital.
- Pick up litter.
- Go through your toys and donate some of them to children who are less fortunate.
- Visit someone in the hospital or nursing home that does not have visitors.
- Help cook and/or serve a meal at a homeless shelter.
- Collect food for the local food pantry.
- Collect clothes for local charity groups.
- Work in an animal shelter.
- Organize a fundraiser for a local charity such as a bake sale, garage sale, car wash, etc.
- Make birthday/holiday cards for the elderly.
- Organize a coat drive in which old coats are donated for use by needy people.
- Read a book to a younger child or older neighbor.
- Make get well cards for people in the hospital.
- Collect old magazines and donate them to daycare centers.
- Collect old clothes and donate them for a dress-up area at a daycare.
- Hold a used book sale and donate the money.
- Collect school supplies to give to kids that need them.
- Make "I Care" kits with combs, toothbrushes, shampoo, etc. for homeless people.
- Donate art supplies to kids in a homeless shelter.
- Pack & hand out food at a food bank.
- Volunteer to help at a Special Olympics event.

## **Resources:**

- *Kid's Guide to Service Projects* by Barbara Luis
- *The Kids Can Help Book* by Susan Logan
- *Youth Service Project Ideas*

# Deed Log

Record the Deed - Where did you go? What did you do?  
Remember: Deeds are done outside your home; for your neighbors or  
people/organizations in our community.

#	Deed Location: Where was it?	Deed: What did you do?	How Long did it take?	Parent/Teacher Initials
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				

# Deed Log

Record the Deed - Where did you go? What did you do?  
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#	Deed Location: Where was it?	Deed: What did you do?	How long did it take?	Parent/Teacher Initials
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				

**Congratulations! You have completed your Deed Marathon and made a HUGE difference in our community!**

# Running Log

**RUN – verb. to go quickly by moving the legs more rapidly than at a walk and in such a manner that for an instant in each step all or both feet are off the ground.**

Each week you are required to run 1 mile which we will do at school every other Tuesday. If you are absent from RDR, you will need to make up the run at home. It is very important that you follow the running safety rules at all times.

### Running Safety Rules:

1. **NEVER, EVER, EVER** run alone!
2. **ALWAYS** run on the sidewalk and not in the street.
3. **ALWAYS** stop at the intersection and wait for the crosswalk signal to tell you when to go.
4. **ALWAYS** stretch before running so that you don't get hurt.
5. If running with music, make sure it is quiet enough that you can hear what's going on around you.
6. Watch for bikes and other runners. Be a courteous runner!

### Running Tips:

- Wear shoes that were designed for running and fit properly.
- Wear clothes that are cool and comfortable.
- Drink plenty of water before and after your run.
- Eat healthy meals with lots of fruits, vegetables, and protein.

Most of all, enjoy yourself, running is FUN!

# Running Log

After completing each mile, record the date, your time, and ask an adult to initial.

Mile	Date	Time	Parent/Teacher initial
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			

Happy Running!

# Running Log

After completing each mile, record the date, your time, and ask an adult to initial.

Mile	Date	Time	Parent/Teacher initial
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			

We will run the final 1.2 miles at the Finisher's race on May 2nd to complete your marathon. 😊

