



News

Release

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Baldwin Park Unified Students Inspired by Running Program

BALDWIN PARK – Margaret Heath Elementary students in third through fifth grade are building confidence and resiliency through Girls on the Run (GOTR), a national program that teaches the importance in nurturing emotional, mental and physical well-being with a curriculum that seamlessly integrates running.

More than 20 female students from Margaret Heath meet every Monday and Wednesday for 90-minute sessions, where they improve their running skills through dynamic and interactive lessons.

“At Margaret Heath, we focus on making mind and body connections by concentrating on building social, emotional and physical skills that encourage healthy habits,” Margaret Heath CTI Coach and Girls on the Run Assistant Coach Edith Correa said.

Each after-school practice doubles as a life lesson for students, using positive reinforcement and goal setting to inspire them to gain life skills and complete a three-mile run and student-driven community project. The season will conclude with a Girls on the Run Los Angeles 5K on Saturday, May 7 at Whittier Narrows, the Meadows.

“The Girls on the Run program was a success because of the support of our amazing volunteer coaches, Head Coach Norma Corona-Campos with Kaiser Permanente’s Education Outreach Program, GOTR Program Director Alison Magistrali, Margaret Heath Home Liaison Karla Contreras, and our principal and visionary Dr. Maria D. Alonso,” Correa said.

PHOTO

BPUSD_Margaret Heath_Girls on the Run: More than 20 students from Margaret Heath Elementary are gaining life skills and building confidence through Girls on the Run, a national program that emphasizes emotional, mental and physical well-being with a curriculum that integrates running.

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