

GROTON GO!

www.childrenfirstgroton.org

*Encouraging active young
children & families*

*Sponsored by
Children First Groton and
Safety Workgroup*

Children First Groton and our many community partners request all whom it may concern to permit the child/family named herein to pass without delay or hindrance through Groton's wealth of community supports.

Please fill out so we know how to reach winners:

Child's First Name: _____

Zip: _____

Phone: _____

Please return your completed GROTON GO! pass to the **Groton Town or City Police Departments or Washington Park Farmers' Market**, the final stop on GROTON GO!, to enter a drawing for a prize. The deadline for entries is **the second Friday in August.**

*To our **Groton Partners**: We encourage you to recognize this child's participation in your event by initialing (or stamping) the appropriate box.*

Groton Kids are ACTIVE

Take a picture while spending some time at a playground with your family.

Play an organized sport, dance, karate, yoga... of your choice. (Name event below and have adult sign)

Take a walk at least once a week at places like the Groton Open Space Association Trails <http://gosaonline.org/properties/> or local hiking trails, parks, tracks, etc.)

Paste a picture of yourself being active in the community, like playing at the beach, riding a bike or taking a hike.

Attend a community event. (Name event below and have staff sign if possible)

Participate in Swimming Lessons.
(Ask your instructor to initial here.)

Groton Kids are LEARNING

<p>Take a book out of your local library. (If you don't have a card, now's a great time to get one.)</p>	<p>Visit our local treasures: Mystic Aquarium Denison Pequotsepos Nature Center Mystic Seaport (to name a few)</p>
<p>Visit a Groton historical site: (Fort Griswold, Bill Memorial Library, Avery-Copp House, Jabez Smith House, Nautilus Museum, Avery Point Lighthouse, etc.)</p>	<p>Participate in a Parks and Rec or extracurricular or summer program (Name activity below and have staff sign)</p> <hr/>
<p>Attend a play, art show, or library event... of your choice. (Name event below and have staff sign)</p> <hr/>	<p>Participate in an event through a Groton summer reading program. (Name event below and have staff sign)</p> <hr/>

Groton Kids are HEALTHY

Paste a picture of yourself being active, like playing at the beach or riding a bike or taking a hike.

Attend a farmers' market.
Get a farmer's initials or market staff initials.

Visit your doctor for a well-child visit or your dentist for a teeth cleaning. (Ask your doctor or dentist to initial here)

Complete 1 month of the physical activity calendar that is listed on the www.childrenfirstgroton.org (Print calendar and attach)

Cook a healthy meal with your family.

Paste a picture of yourself being active, like playing at the beach or riding a bike or taking a hike.

Groton Kids are SAFE

Have someone take a picture of you riding your bike, skateboard, or scooter...wearing your helmet.

Take a picture of your family disposing of unused prescription medications in a prescription drop-box

Get your parents to test your carbon monoxide and smoke detectors. Have them initial here or take a screen shot of (www.ctsafekids.org)

Take a babysitting or First Aid/CPR or scouting safety class.
(Have your instructor initial here)

Visit your local Fire Department, pick up a safety checklist, and take a tour (if possible)

FINAL STOP:
Visit a city or town Groton Police Department or Washington Park Farmers' Market to drop off your completed GROTON GO! pass and take a tour (if possible).

Contest Rules

1. This Contest is effective until **the second Friday in August.**
2. GROTON GO! passes must have a minimum of 12 stamps/initials/photos to qualify, including at least three in each category. (Parents may initial and provide photos for up to 5 spaces in the passbook if there are no official stampers available.)
3. GROTON GO! pass must be submitted to the Groton Town or City Police Department or City of Groton Farmers' Market (the last stop on the GROTON GO! pass) by the second Friday of August to be included in the drawing. You must personally present your GROTON GO! pass to be stamped.
4. Winner does not have to be present at the drawing to win.
5. Winners will be notified by phone.
6. Prizes must be picked up by the winner within two weeks.
7. One entry per child, please.

Children First Groton, the Groton Police and Fire Departments, Animal Control, Parks and Recreation, and the Groton Public Schools want to ensure our children are safe and active. We invite Groton families with young children to explore our community. Have your child's Groton Go! pass stamped on each page to be eligible for a drawing for prizes such as the following:

- Bicycle
- iPad
- Pass to a local entertainment venue
- Denison Pequotsepos Pass
- Aquarium Pass
- Fields of Fire Adventure Park Pass

Brought to you by the following partners:

Children First Groton
Your Groton City & Town Officials
Groton Public Schools & Board of Education
Groton Police Departments and Animal Control
Groton Fire Departments
Bill Memorial, Groton Public, and Mystic & Noank
Groton Education Foundation
Groton Open Space Association
Child and Family Agency
Riverfront Children's Center
TVCCA
Department of Children & Families
Military Families