

SCHWARZKOPF Elementary PTA

2025 - 2026



BEAR RUN

Social Narrative

#CANTHIDETHATBEARPRIDE

Schwarzkopf Elementary School Bear Run

Note to Caregivers

Ready for Schwarzkopf Elementary's annual Bear Run? It's that time of year, and we're thrilled that your child will participate. If you haven't, please register for your student's fundraising page. Parents and caregivers can also participate, but they must be pre-registered and approved (limit 2 family members; younger siblings are not permitted). Learn more at <https://www.schwarzkopfpta.org/bear-run> - If you are joining us, please arrive 10 minutes before your child's designated time. Sign in with your ID near the back gate and meet your child at the Bear Den (the pavilion near the playground). No more than 2 adults per family, siblings cannot attend, and participation is only during the designated time.

Student Schedule

- PreK, K, and 1st: 7:55 – 8:55
- 4th and 5th: 9:00 – 10:00
- 2nd and 3rd: 10:05 – 11:05

Some Tips to Prepare for the Bear Run

- Wear comfortable clothes and get ready to play.
- Students with sensitivities to sound might consider headphones/earplugs.
- Comfortable shoes, sun gear/sun screen, and a spare shirt (Camo or Uniform) could be useful.
- Talk to your child's teacher if other accommodations are necessary.



This narrative is meant to help students, especially those with anxiety, autism, sensory processing differences, or special needs, prepare for the Bear Run. Whether they're Bear Run rookies or seasoned pros, let's set the stage for a joyful day. Read this social narrative to them before October 3rd, to prepare them for the Bear Run.



I'm Doing the Bear Run

On Friday, October 3rd, I will participate in the Bear Run at school. The Bear Run helps raise money to improve the school, support school-wide programs, and help supply classroom needs. There will be some changes to our regular schedule. My teacher will go over these changes with me. I will participate with my classmates, teachers, and other adults.

When it's my class's turn, we will walk outside toward the playground to the Bear Den. My class will join other classes under the pavilion and sit down or stand as a group. The DJ will play fun music as we sit down and throughout the event, so I might want to bring my headphones or earplugs. I can also talk to my teacher about sitting farther away from the speakers.



I will stay with my class under the pavilion and listen to instructions.



How We'll Start

The DJ will ask each class to go to the starting line on the playground court. My class will take a picture together before we start the Bear Run.

Teachers, staff, and other adults, including Officer B, will be along the route to make sure that I stay safe during the Bear Run. I can also ask them for help if I need anything during the event.



The DJ will play music and make announcements during the Bear Run.



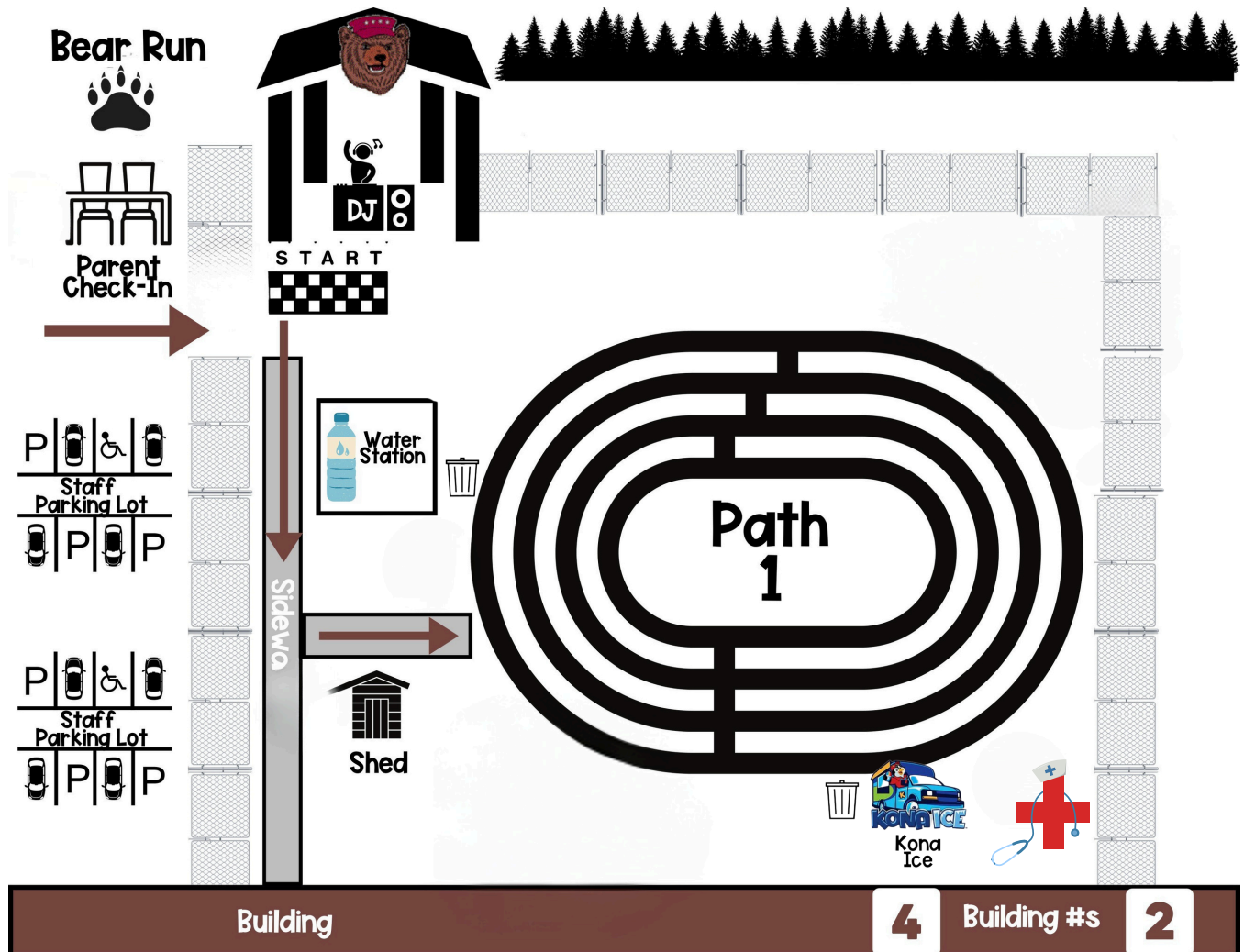
My class will take a group picture before we start.

I might see other people taking pictures during the Bear Run. I can wave and smile, or I can keep moving. They are taking pictures that might go in the yearbook or on the school's social media pages.



The Route

The Bear Run will start on the playground court. We'll go through the gates to the track. We'll walk around the track counterclockwise. We'll continue this same route until my class's turn is over.



7 Laps around the track is just over a mile



Walk or Run, I'll Have Fun

During the Bear Run, I can walk, run, or jog as fast or as slowly as I want. Some of my classmates may try to run the entire time; others might take their time. I can stay in a group with my friends, walk on my own for a while, or stick with my teachers and parents if they come.

If I get tired, I can slow down or take a break. If I need to use the restroom or need anything else, I can ask one of my teachers for help. There will also be areas where I can take a break away from the music and crowds. If I feel sick or get hurt, I can visit the school nurse for help.



Some students will run/jog.



I will see parents, teachers, and staff on the Bear Run.



Special Treats

Along the route, I can stop for a bottle of water and a Kona Ice (snow cone). They will be at separate stations. I will wait patiently in line to receive my water and Kona Ice. I can only have one of each. When I get my water, the adult helper will mark my hand with a stamp. Before the Bear Run begins, I will be given a wrist band. When I get my Kona Ice, the adult helper will remove my wristband with scissors. This lets them know that I got to enjoy my water/treat and didn't miss out.

When I am done with my water and Kona Ice, I will throw away any wrappers or bottles in the trash can. I will not leave any trash on the ground.



I will wait my turn to get a water and Kona Ice.



At the End of the Bear Run

When my class's turn is over, the DJ will make an announcement. I will find my class near the fence/track by the front of the school. I will stay with my class until it is time to go inside. We may take some more pictures as a group. When we go inside, I can wash my hands, change my shirt, and drink some more water.

No matter how many loops I make around the track, I know that I am walking for a good cause. I will feel proud that I helped raise money for my school, and I'll have fun memories with my friends, classmates, and teachers.



The Bear Run is one of the most fun days at school!

