

October 2009

Who: 1st, 2nd, and 3rd Grades

What: Fitness Fun Club

We are excited about offering our SCOPE (Student-Centered Opportunities that Provide Enrichment), the Fitness Fun Club. The purpose of the Fitness Fun Club is to bring together NCES students interested in increasing physical fitness and awareness in a safe and supportive environment. Some of the activities that the students will participate in are playing whole group physical games, cardiovascular activities such as walking and exercises, and learning about living a healthy lifestyle.

It is required that all students use sportsmanship and good behavior. Students who choose not to use good sportsmanship will not be allowed to participate.

Each student will need to wear or bring a pair of tennis shoes.

When: The schedule will be as follows:

Oct. 27th Nov. 17th Dec. 15th Jan. 19th Feb. 16th March 16th

The meetings will be held from 3:15-4:15. It is important that your child be picked up promptly at 4:15 unless they are in the after school program.

Also, each month a group of students/parents will be asked to bring snacks for the club.

We look forward to working with your child!

Ms. DuFrene, Mrs. Ellis, Mrs. Glenn, Mrs. Robinson, and Mrs. Tabor

If your child is interested in joining the Fitness Fun Club, please fill out this portion of the permission form and return to Mrs. Tabor.

Fitness Fun Club Permission Slip

Please select a date that your child will help provide snacks.

Oct. 27th Nov. 17th Dec. 15th Jan. 19th Feb. 16th March 16th

The girls will need to bring in 2 packs of juice boxes (10 count).

The boys will need to bring in 2 boxes of individually wrapped crackers. (no peanut products)

Student _____ Grade _____

Classroom Teacher _____

_____ has my permission to participate in the Fitness Fun Club. I understand that they must be picked up by 4:15.

Emergency numbers: home _____

cell _____

Parent Signature _____