Happy Me, Healthy Me Celebration Day

Wednesday, 2\textsuperscript{nd} March 2016

Dear Grade Two Parents,

The Grade Two students and teachers have been enjoying learning about our physical and social well-being as part of our Term One Integrated Studies topic Happy Me, Healthy Me. We are planning a day for the students to celebrate their learning on Friday, March 18th.

Students will be playing a variety of team sports that bring together our learning about staying fit and healthy and working with others in teams. We are looking for volunteers to help us to make this day special for the students. We would love for volunteers to join us to run some sports rotations. If you are available to help between 9am and 10am, please indicate on the form below and return to your child’s teacher by Wednesday, 9\textsuperscript{th} March.

We will also be having a healthy eating picnic to fill our bodies with healthy food. For this part of the day, we ask that students bring a packed lunch that includes one serving of the five food groups (fruit, vegetables, protein, grains and dairy). This may not be different from your usual lunches.

The Grade Two students may like to come to school dressed in a sports uniform or active wear. Please ensure children have their school hat on the day.

Kind Regards,

Mary-Anne Jansen and Meagan Cofield

HAPPY ME, HEALTHY ME: PARENT HELP OFFER

Child’s Name:_______________________ Grade: _________________

I am available to help run some team games at the Happy Me, Healthy Me Celebration Day between 9am and 10am.

Signed:_________________________