

## **HEALTH & WELLNESS DAYS**

Students, in consultation with their parents, should choose THE TOP OPTION CHOICES BY PREFERENCE – FIRST PREFERENCE = FIRST PRIORITY. We will attempt to accommodate students' choices, but cannot guarantee we will be able to meet everyone's request. Options are filled on a first come, first served basis. Please attach payment for the courses selected (cash or cheque). **Due date Wednesday, November 5.**

### **FEBRUARY 19: Choose only 1 of the 2 choices by a check mark**

- \_\_\_\_\_ Sunridge Ski Trip \$30 + \$5 if helmet needed  
\_\_\_\_\_ Bowling, Yoga, JBF, Healthy Snacks Cooking \$10

### **FEBRUARY 20:**

- \_\_\_\_\_ JBF, Zumba, Games, Hip Hop, Snacks Cooking \$10

THIS IS A REGULAR SCHOOL DAY AND THESE ACTIVITIES SUPPORT THE HEALTH AND PE CURRICULUMS. IT IS EXPECTED YOUR CHILD WILL ATTEND SCHOOL ON THESE DAYS.

**CHEQUE ENCLOSED:** Yes ( )

**CASH ENCLOSED** Yes ( )

STUDENT'S NAME & HOMEROOM: (Please print) \_\_\_\_\_

PARENT'S NAME: (Please print) \_\_\_\_\_

PARENT'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

HOME PHONE NUMBER: \_\_\_\_\_ WORK: \_\_\_\_\_

For Office Use Only – Date received: \_\_\_\_\_