



St. Christopher Roman Catholic Church and School

Come...journey, follow and be inspired with us!

September, 2017

Dear Parents,

St. Christopher School will again offer an after school walking club for Grades 1 and 2. This program promotes life long personal wellness for our children.

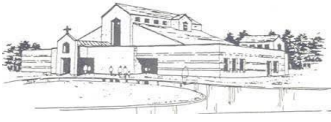
Walking Club will be a 5 week club which will meet every Tuesday from 2:30- 3:35. Each session will begin with a healthy snack, water, and a short discussion of daily exercise. We will stretch and begin our walk at 2:45. We will walk to Ellicott Creek Park and walk on the walking trail for 40 minutes. On rainy days we will walk in the school. We will return to school by 3:30 p.m. Children are to be picked up by 3:35 @ the PreK doors. Sweet Home students may also take the late bus. Our walking sessions will be **Sept. 26, Oct. 3, Oct. 10, Oct.17 & Oct. 24.**

Snacks and water will be provided. At the completion of the club there will be an ice cream party, special certificate and a wellness gift. Parents are welcome to join their child and walk with us but must have completed a **VIRTUS TRAINING COURSE.**

If you are interested, please complete the permission slip and include \$15.00 cash or check made out to St. Christopher School in an envelope with your child's name and room number to cover expenses by **Sept. 24.** We can only include 40 students to insure your child's safety.

Please list how your child will get home from the club on the permission slip. The 3 choices are: pick up, Sweet Home late bus or Kids Kare

Mrs. Kensy & Mrs. Watroba
(Club Supervisors)



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PERMISSION SLIP

St. Chris WALKING CLUB

Child's Name: _____
has permission to belong to St. Christopher's Walking Club.

Parent's Signature: _____

Please check how your child will return home:

Pick up @ prek doors _____ Sweet Home Bus _____ or
Kids Kare _____.

My child's teacher is _____.

Allergies my child has: _____

Phone No. during club time: _____

***Children must wear sneakers and may change into walking clothes or may wear their uniform.

***Payment of \$15.00 cash must accompany permission slip.
(cash or check made out to St. Christopher School)