

## **Healthy Habits Day**



January 16, 2015

8:45-11:45 a.m.

(1/16/15 is a half day of school for students.)



One of our SIT goals for the year is to hold a school-wide Science and Health event that will focus on physical and emotional wellness.

Each of our K & 1 classes will rotate through nine mini-workshops (12 minutes each) offered by our special area teachers and volunteers.

We are seeking up to six parent/community members to volunteer to provide workshops for children. Ideas for workshops include, but are not limited to:

Yoga Nutrition Fitness/Exercise
Tae Kwon Do Community Helpers First Aide/Safety
Human Body Systems Dental Health

Volunteers would need to be available 8:30-12:00. The classroom teachers will accompany their students and support the presenters at each workshop.

A school staff member will also be assigned to assist in each workshop.

If you are interested in providing or arranging for a workshop, please contact Mrs. Herschlein (<a href="mailto:lherschlein@csh.k12.ny.us">lherschlein@csh.k12.ny.us</a>) by December 12<sup>th</sup>. If you have any questions, please feel free to call (631-367-5990).

