



**NEW MANCHESTER ELEMENTARY SCHOOL**

*"It Takes a Team to Educate a Child"*

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# Marching Into Wellness: Food, Fitness, and Health

Dear Parents and Guardians:

New Manchester Elementary School Wellness Committee is celebrating National Nutrition Month by having an All School Parent Involvement on Wednesday, March 29, 2017 from 5:30 – 7:30 p.m.

The theme, "Marching Into Wellness", focuses on Food, Fitness, and Health. All three themes will be represented by the various activities we will have during this evening. We will have several interactive stations including the following: Food Sampling, Cooking demonstration by a Professional Chef who will show you how to cook a simple, kid- friendly meal, Healthy Eating, Healthy Habits, and Physical Fitness. Each family will be able to participate together at each station throughout the evening. It promises to be a fun filled night!

We will also be doing raffles for various outdoor fitness equipment for the students/families that attend.

We hope to see you on **Wednesday, March 29, 2017 at 5:30 p.m.!** Please complete the form below and return it to your child's teacher so that we may plan accordingly.

Sincerely,  
The Wellness Committee

*P.S. You may want to wear tennis shoes as there will be a lot of fun physical activities to participate in.*

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***Wellness Family Involvement Night – 3/29/17***

***Student Name:*** \_\_\_\_\_ ***Grade:*** \_\_\_\_\_

\_\_\_\_\_ ***Yes, our family will be attending. The number attending is*** \_\_\_\_\_

\_\_\_\_\_ ***No, our family cannot attend this event***