

Nutrition Club

A healthy body means a healthy mind! Come join Nutrition Club where students will learn basic nutrition principals, how to read food labels, and explore the importance of a healthy diet as well as the cause and effects of healthy eating. Each week students will also put their knowledge into practice by creating a simple, nutritious snack to enjoy with peers!

The club will be open to primary grades (k-2nd grade students) from Thursday, January 17th through Thursday, February 28th. The club will meet after school on Thursdays from 3:00-4:00pm in Ms. Cheevers' class (room 11). Students who are not picked up by 4:05pm will be taken to Aftercare and a guardian will need to sign them out.

The cost of the club will be \$120 per child. This cost covers the entire session and all supplies/ingredients needed. Please make checks payable to **Michelle Cheevers** and return the registration form below to your child's classroom teacher by Friday, December 21st. Any child who enrolls after the start date will pay the same fee.

***This club is open to returning and new students. Returning students will add new concepts to their Nutrition Club journals, and new students will learn concepts that were taught second quarter.**

If you have any further questions, please contact Michelle Cheevers at mcheevers@bbschl.com.

Student name: _____ Teacher: _____

Parent contact information:

Phone: _____ Email: _____

How will your child go home/be picked up? Please circle:

Drive-up circle

Aftercare

Bike/walk home

Student allergies: _____

Parent signature: _____ Date: _____