



September 2014 Mac Skills



Let's get movin' and learnin'!

Join us Tuesday, September 30, 2014

to learn about exercise and nutritional information for healthy eating.

- ✓ Learn to read, review, and prepare healthy recipes
- ✓ Assess the importance of math through portion control
- ✓ Demonstrate knowledge of the importance and influence of physical activity

***Did you know* Physical Fitness in Childhood is Linked to Higher **Reading** and Math **Scores**?**

Wear comfortable clothes and bring some water.

We will meet in the gym at 6:30 pm.

RETURN BOTTOM PORTION BY: FRIDAY, SEPT. 26, 2014

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Please return form to the office. (September Mac Skills)

Parent Name _____

Student Name _____

Number attending _____