

INTRODUCING
ST. MARY'S CATHOLIC SCHOOL
FUN FITNESS FRIDAYS

Studies show that exercising before school can improve cognitive function and academic performance. Since May is National Physical Fitness Month, SMCS is offering a morning physical fitness session for all students who would like to participate. Exercises and/or games will be led by parent volunteers.

Sessions will be offered each Friday in May, beginning May 5, from 7:45am – 8:10am. Students may wear gym uniforms and/or spirit wear with sneakers and are encouraged to bring a water bottle. All participants must be walked into the building upon arrival.

Please fill out the bottom portion of this form and return no later than **Friday, April 28th** so we can plan accordingly. Please complete one form per student.

There is no cost for this program.

NAME _____ GRADE _____

PARENT SIGNATURE _____

Please return by Friday, April 28th

