

April-May News

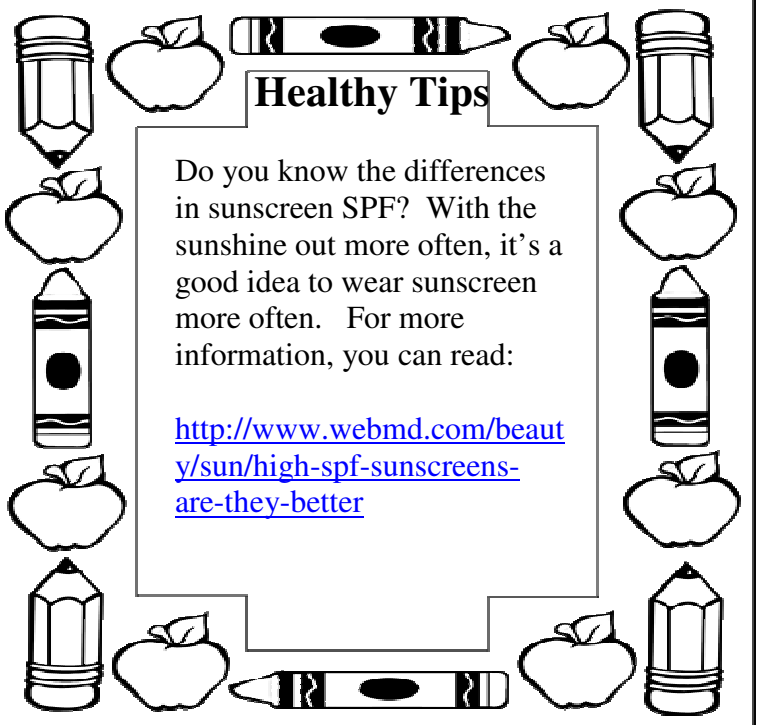
From Sumpter Health Club

Spring is finally here!

Changes in the weather mean changes in our activities. Upcoming events include the Awesome 3000 and the Country Kids "JC" Relays. If your child brings home a permission slip or info packet, please take the time to read it, sign, and have your child return it to school.

In correlation with the relays, we have been working on fitness, handoffs, and cooperation in class. If you want to quiz your child, ask them what word you say before you pass the baton to the next runner.

The school year is coming to a close very quickly and that means field day is coming up. We are always looking for volunteers to help make each field day better. If you are interested in helping out, please feel free to email Mrs. Morris at Morris_jane@salkeiz.k12.or.us



Healthy Tips

Do you know the differences in sunscreen SPF? With the sunshine out more often, it's a good idea to wear sunscreen more often. For more information, you can read:

<http://www.webmd.com/beauty/sun/high-spf-sunscreens-are-they-better>

Note from the teachers...

Please make sure your child wears or brings the proper shoes to participate fully and safely. Please check the schedule on the website to see what days your child has Health Club and to read more about our program.

Thank you for the time and we appreciate any feedback or questions you may have!