QES Voicemail, October 28,2015

Good afternoon, this is Kelly Barrieau with a few messages for today, Wednesday, October 28, 2015:

* November 2 - 6 is career week here at the school. We have organized a few whole school activities for this week, including dressing in your future career attire on Friday, November 6, career trivia announcements, teacher trivia, nametags with students’ career choice such as “future teacher” or “future astronaut”, etc. Parents may be asked by your child’s teacher to come in and share your current career path with their class as well!
* There is a yoga club for students beginning Tuesday, November 3 and running until Tuesday, December 8, here at the school. It is in the gym from 2:45 – 3:45, and pick-up will need to be arranged by parents. Also, please write a note to your child’s teacher so that she knows to dismiss your child to the gym on Tuesdays. The permission letter is attached to this email. Thanks to Mr. Boucher for volunteering his time for this after school activity.
* Saturday is Halloween, as you know, so on Friday, the school will be allowing students who wish, to wear Halloween colors (orange, black, purple), a silly hat or silly hair. Individual classroom teachers may also arrange other activities in their classrooms for this day as well. Have a Happy and Safe Halloween everyone!

That is all for today, have a lovely evening.

**QES Yoga Club** 

Dear Parents,

Quispamsis Elementary School will have a new yoga session beginning on **Tuesday, November 3, 2015**. It will be held every **Tuesday** afternoon from 2:45 to 3:45 pm for students in grades 3, 4 and 5. The last day for this session is **Tuesday, December 8.**

If you would like your child to participate, please fill out the permission slip below and return it to your child’s Physical Education Teacher. There is room for 32 students, so students will be selected on a first-come, first-serve basis.

This session will be focusing on **fall/winter related sports**, with work on stretching and posing, to increase balance, muscle strength and flexibility.

A few things to remember:

• If you have a yoga mat, please send it with your child. If not, school mats will be provided.

• Wear comfortable loose fitting clothing.

• Send a note to your child’s teacher so they will send your child to yoga.

• Pick up your child promptly at 3:45 pm.

Thank you for your interest in yoga club! We’ll see you on the mat!

Gaspard Boucher, MSc Kinesiology, Physical Education Teacher, Certified Yoga Teacher (200 hrs.).

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Send this part to the school

**QES Yoga Club**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child have any acute or chronic injuries or health conditions? If so, what?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child have any disabilities or special needs that will need to be taken into consideration during yoga club?\_\_\_\_\_\_\_\_\_\_

Any other information you would like to share with the Yoga Teacher regarding your child?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, has my permission to attend Yoga Club on **Tuesday afternoons from 2:45 to 3:45 pm.** I have provided correct information regarding emergency contacts and health information. I will let the school and/or yoga teacher know if my child’s health condition changes.

This waiver of liability represents my child’s voluntary participation in yoga club and my understanding of the minimal risk involved in participating in any exercise program.

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_