St Mary’s Altona Healthy Family Challenge

FREE Children’s Breakfast

When: 19th November
Time: 7.30am
Where: School Hall

Why: To show you how quick and simple a healthy breakfast can be!

Afterwards join in for **Fun and Fitness** 8am on the oval

**RSVP Essential by 12th Nov (if you don’t RSVP we can’t guarantee a breakfast)**

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**HEALTHY BREAKFAST - Return to MRS MASSENI by 12th November**

Family Name ________________________________________________
No. of Children Attending: ____________________________
Any Food Allergies: ____________________________________________

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**CAN YOU HELP?**

**HEALTHY FAMILY CHALLENGE – SCHOOL BASED ACTIVITIES**

Return to Mrs Masseni as soon as possible this coming week.
With so many activities on we do need the help of many adults (parents, guardians, older siblings, grandparents, friends). If you are able to be involved in any of the activities please complete the form below and return it to school asap.
Your involvement is greatly appreciated.

Marg Masseni ☺

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**I CAN BE INVOLVED IN THE FOLLOWING ACTIVITIES! (Please tick / circle)**

- **Walking School Bus**: 18th Nov: Supervising students on their way to school from the Altona Beach or from Mc Intyre Drive / Civic Pde with other parents
- **Healthy Breakfast**: 19th Nov: Set up on 18th Nov after school
  - Preparing & serving breakfast (7am – 8.30am)
  - Making muffins (Recipe provided)
- **Dress Up Your Shoes Day**: 26th Nov: Collecting & counting shoes (8.30 – 9am)

**HELPER’S NAME:** ____________________________________________
**Child’s Name & Grade:** ________________________________________
**Contact Number:** ____________________________________________
**Email Address:** ____________________________________________

Do you have a Working with Children Check?   YES   /   NO
If you don’t it’s okay. They are easy to apply for and we can help you.