



The Mine Hill Educational Foundation

Enhancing Educational Opportunities

www.mhef.net

The PACT Programs

Parents and Children Together

Learning ☆ Exploring ☆ Bonding

An 8-part series of educational programs designed to bring parents into their children's educational environment to help nurture and strengthen the educational relationship between parents and their children.

Grade 5 - Health and Wellness

This program focuses on nutrition, exercise, and good health. It can involve cafeteria staff, health/physical education teachers, outside fitness experts in areas such as weight training, yoga, nutritional health and other fields of wellness. There will be emphasis on good food choices with family meal planning. Also, planning time for exercise and committing to a family challenge every week that records the minutes of exercise for the week. At the next meeting the participants will present their results and establish a new goal. During the program, discussions will occur about ways to keep the family healthy and also experts can be brought in or field trips planned to off-site review of facilities.

We'd like to see:

Interested? If so, send this back in the Friday folder and we'll contact you about enrollment.

Student Name: _____

Parent Contact: _____

Phone: _____ Email: _____

Grade 5 - Health and Wellness