

CCE Night Out Martial Arts & Yoga

Join us for an evening of **Martial Arts and Yoga!** Come and center your mind and body and leave feeling rejuvenated.

Who: 4th & 5th grade students plus **one** parent/guardian (or another adult)

What: Students along with **one** parent/guardian will be able to attend either a session of martial arts or yoga.

When: Thursday, January 25th, 2018

Where: Crowders Creek Gym from 5:15-6:30 p.m.

Why: This is a great opportunity to spend time out bonding with your student. The evening will include information on respecting yourself and others, standing up to bullying, and being the best "You" you can be! Of course, we will have lots of fun!

Program Highlights

- Bullying information for students and parents
- School counselors available for questions
- Bonding time with your student!
- Smoothies and a healthy snack will be served!
- This fun event is FREE!

Please RSVP by returning this form to your child's classroom teacher by January 18, 2018. In order to prepare, we **will be not be able to accept any late responses**. Unfortunately, we cannot accommodate siblings for this event. Sorry for any inconvenience.

_____ Yes, I will attend the CCE Night Out on Thursday, January 25, 2018!

Students First & Last Name: _____

Student's Homeroom Teacher: _____

Name of parent/guardian attending: _____

We would like to participate in (circle one): Martial Arts or Yoga

Parent Signature: _____ Date: _____

*If your plans change, please let us know ASAP so we can order the correct amount of food. Thank you!