

Campbellton Middle School

"The Journey is the Reward"

Principal
Angela Young

80 Arran Street,
Campbellton, N.B. E3N 1L7
(506) 789-2120
Fax:(506)759-7121
cms@nbed.nb.ca

Vice-Principal
Michael Graham

December 11, 2015

Dear Parent/Guardian,

On Friday December 18, 2015, CMS will hold its first Sport and Wellness Day for the 2015-16 school year. Again this year, we applied for and received a Provincial Wellness Grant. One of the goals in the Wellness action plan was to increase mental fitness and promote the physical activity of our students.

We are planning a morning of activities at the Civic Centre and the Lions Bowling Centre on Friday, December 18. Students will be participating in these activities from approximately 9:15 to 11:30 AM

Activities to be held that morning (with appropriate equipment) include:

- Bowling at the Campbellton Lions Bowling Centre (no special equipment needed)
- Activities at the Campbellton YMCA Youth Zone (indoor shoes needed) – preference to grades 5 & 6
- Gym activities in the Louis H. Bursey Gym at Campbellton Middle School (indoor shoes, P.E. clothes)
- *At the Campbellton Memorial Civic Centre:*
 - Hockey (Full hockey equipment required) – Grades 6 to 8 only
 - Skating (skates, helmet, gloves/mitts and warm clothes)
 - Swimming [appropriate swimsuit, towel, quarter (to use locker) and plastic bag (for wet clothing)]

There is **no cost to the students for any of these activities**, but we ask that you please ensure that your son or daughter has the *appropriate equipment and/or clothing for the activity they have chosen*.

We are also planning a number of fun-filled team-building/wellness activities in our gym in the afternoon.

Some activities have a maximum number; for those activities, we will proceed with a random draw in order to select students, if necessary.

To give your son/daughter permission to participate in the off-site activities (at the Civic Centre, the YMCA Youth Zone and at the Lions Bowling Centre), please sign and return this form on the next school day. Students on Level 5 of the CMS PRAISE Program will be asked to participate in activities at the school.

CMS Sport and Wellness Day (December 18, 2015)



I give permission for _____ in class _____ to participate in his/her chosen off-site co-curricular activity.

Parent/Guardian Signature

Date