

Sparks

HAPPY HOLIDAYS

We hope everyone had a safe and happy holiday! January will be a busy month for us!

Sparks starts back on January 9th with the Being Healthy Key. We will be learning about healthy eating, what to do in an emergency, and have a visit from a firefighter.

The girls will also be preparing a skipping routine for their badge ceremony on January 30th

January 9

- The girls will be making a “Healthy Me” poster and brainstorm a list of healthy foods
- We will make food necklaces

January 16

- Learn about staying healthy through exercise.
- We will prepare a skipping routine for the badge ceremony at the end of the month

January 23

- Visit from Firefighter Shawn
- The girls will talk about safety and what to do in an emergency

January 30

- Badge ceremony!
- We invite parents and friends to come at 7:00 pm to watch the badge ceremony