

**\*\*PLEASE NOTE REVISED DATES\*\***

## Bellerose Avenue Club

“Enhancing social interactions and friendships through mindfulness and movement.”

This club is for 1<sup>st</sup> graders at Bellerose. The goal is to help teach the students how to be mindful of their own personal space through their movements. Social interaction is a big part of 1st grade and this club will help the students be respectful of one another in and out of school. Using movement through breathing and yoga will help enhance the experience for these young children.

If your child is interested in this club, please fill out the slip below. The club will be held on the following Tuesdays and Thursdays in November and December.

Tuesdays: 11/9, 11/14, 11/21, 11/28, 12/12

Thursdays: 11/16, 12/7, 12/14

(Snow Date 1/25)

Fill out the slip below and send it back to school as soon as possible. Thank you!

I look forward to working with all of you.

Thanks a bunch,

Mrs. Weisberg

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Please fill out the slip below and return to your teacher as soon as possible.

Child's name: \_\_\_\_\_

Parent signature \_\_\_\_\_

Child's teacher: \_\_\_\_\_

Cell number: \_\_\_\_\_

My child can participate in the movement club. I will pick my child up at 3:30 at Bellerose.