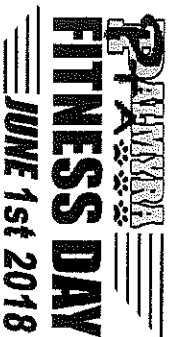


# Fitness Day Checklist



- Dress in comfy shorts and you grade's colored t-shirt.
- Remember to wear sneakers-some serious play is planned.
- Bring along a towel to sit on at lunch.
- Wear **SUNSCREEN** - put it on at home before you come so that it is all soaked in for the games !!!
- **BRING WATER** in a refillable water bottle-clearly labeled with your name. Water stations will be available.
- Lunch is on the PTA for all **CSS Students**. Additional lunches are \$3.00. Please E-mail Maureen Haines at *mommy\_reen@comcast.net* if you have not ordered yet!
- No pets allowed on the property during Fitness Day.
- Don't forget **Fitness Day** is over at early dismissal at 12:45pm.

Special Thanks to the Palmyra Education Association for their help with a successful and fun Fitness Day.

Extra Special **CHEERS** to all the volunteers, including the PHS students!

