Parent Tip: Health & Wellness

Getting daily exercise is easier with family and friends. Try these six steps at home.
1. Schedule regular times throughout the week for your family to be physically active.
2. Help everyone find something active that they enjoy and feel successful doing.
3. Use a pedometer to determine which activities require the most steps.
4. Write down personal goals and track everyone's progress.
5. Wear loose fitting clothing and proper shoes to permit freedom of movement.
6. Be sure to warm up. Stay flexible by stretching and cool down following your workout.

** Join MSPS for the Family Footsteps (1-mile walk on the track) April 21st 6-6:45pm**

We will always strive to ensure positive learning and social experiences, and appreciate everyone's support in talking to their child about the importance of exercising good character, honesty, and accepting responsibility for their actions.

Volunteer

All that's missing is you!

Get Involved!!

Can you spare a few hours or even a day? We need assistance with our Field Day, April 26-28th. Contact Mr. Somers via email jgsomers@uncg.edu to volunteer.

Stay Connected
Informed
Engaged

WHAT'S HAPPENING AT MSPS

Mark Your Calendar!!

April 11th-18th - SPRING BREAK
April 11-13th Kindergarten Registration Packets available M-F 9am-3pm
April 21st Family Footsteps 6-6:45pm
April 26-28th - Field Day: 8:30-10am & 12-1:30
April 26th - Kindergarten (AM), 1st grade (PM)
April 27th - 2nd grade (AM), 3rd grade (PM)
April 28th - 4th grade (AM), 5th grade (PM)
Donations for 8oz water & frozen popsicles needed by 4/22
Volunteers needed each day
Contact Justin Somers via email to volunteer: jgsomers@uncg.edu

Social

Issue #1

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