

Hubbard Winter Wellness Day

WHERE: Mactaquac Provincial Park
WHEN: Tuesday, February 25th
TIME: Travel by Bus, 9:00-2:00
WHO: ALL Hubbard Students
COST: Free for the Event, Busses covered by Hubbard Parent Group
Snack and Water bottle provided by our school Wellness Grant!
***Note:** Sleigh Ride available \$2.00



Our Wellness Day at Mactaquac Provincial Park will see students participating in physical wellness activities as they have the opportunity take part in Cross Country Skiing, Skating, Sliding, Snow Shoeing and a Sleigh Ride. All events are free, except the Sleigh Ride for \$2.00. Thank you to our parent group for their support and to those of you who fundraised for Hubbard. Contact your child's teacher if you are able to meet us there and help at a station. Permission for students to attend is a requirement.

Below you will find DETAILED GUIDELINES for each activity. Please read and acknowledge the guidelines and requirements of the stations and provide signed permission for your child to attend this fun event. Students can self-select the events that they will enjoy the most during the day and we encourage them to try something new!

SKATING Students provide their own **Ice Skates and CSA approved Helmets** in a canvas bag. Gloves or mittens are a must. A snowsuit or pants will be necessary for the events of the day.

CROSS COUNTRY SKIING and SNOWSHOEING Equipment is provided at the park.

SLIDING

- **Helmets (CSA approved)** for safety are required for the sliding hill.
- **Slides** will be transported to the site in staff vehicles. Please make sure your child's name is clearly marked on it and you can drop it off to school on Friday or Monday before the event.
- **Guidelines from our district-** NO GT RACERS or TRIPLE BLADE STYLE SLIDERS, NO SAUCERS, NO INNER TUBES NOR EQUIPMENT WITH JAGGED EDGES ARE ALLOWED.
- Only **2 children** can be on a sled at a time and they must be seated forward.
- **Scarves** need to be tucked in so they don't get caught up. Long hair should be tied back.

SLEIGH RIDE The cost is \$2.00 for this event and money must come in with this permission form. Students will receive a sleigh ride ticket from the school. If for some reason, your child is unable to get to the sleigh ride station during the event (because they are off having fun elsewhere), money will be refunded with their unused ticket. Starting tomorrow, we will be drawing 3 free sleigh ride tickets daily from the RESPECT basket and at random!

WHAT TO WEAR All students are expected to dress for and be prepared for the cold Canadian Winter, extra socks would be great and **snow gear from head to toe is needed.**



LUNCH and SNACKS Students need to bring a **packed and portable** lunch for the day. They can eat in the lodge. Each child will be provided a bottle of water, a piece of fruit and a granola bar for a snack, made available through our Wellness Grant! If they do not like or want this, please pack a preferred snack. Don't hesitate to call if you have questions, and please send your child prepared. We will not have time to make calls for permission before the buses roll out!

✂ ----- **Cut and Return Right Away** -----

I have read and acknowledge the guidelines for the Winter Wellness Day taking place on Tuesday, February 25th, 2020 at Mactaquac Provincial Park, weather permitting.

Student: _____ **Teacher:** _____

_____ My child has permission to attend the Winter Wellness event.

_____ My child does not have permission to attend the Winter Wellness event

Parent/Guardian Signature: _____

Sleigh Ride \$2.00