

Dear Students and Parents,

We are excited to announce our upcoming **School Wellness and Fitness Contest!** This event aims to promote health, fitness, and well-being among our students.

Details of the Contest:

- **Date:** March 15, 2024
- **Time:** 9:00 AM - 3:00 PM
- **Location:** School Gymnasium and Sports Field

Activities Include:

- Track and Field Events
- Yoga Sessions
- Healthy Cooking Workshops
- Team Sports Competitions

We encourage all students to participate and showcase their talents. Parents are also invited to join us for a day filled with fun and fitness!

Registration:

Please sign up by filling out the registration form available in the school office or on our website by March 1, 2024.

Let's work together to foster a healthier lifestyle in our school community!

Sincerely,

The Wellness Committee