



Healthy U Day 2013
Saturday, June 1st
1-3p.m.
North Hampton School
(rain or shine)

North Hampton School families are invited to come and participate in various fun activities together!

Family activities include: Yoga by Let's Get Movin', Skateboard lessons given by Rye Airfield, Golf with First Tee, soccer with our own 8th graders, Kickball, Speedball and more!

Check out 8th grade student tables. They will be set up to inform you about service projects that they are working on.

Registration: Please bring one non-perishable food item per family member (this will be donated to a local food pantry).

This event is brought to you by the NHS PE Department. Any questions please email Mrs. Yeaton at pyeaton@sau21.org or Mr. Hooper at nhooper@sau21.org.