



## Weekly Newsletter Email Friday December 20, 2019



On behalf of the staff of Meadowbrook P.S. we wish you and your families **Happy Holidays**. We will see students back to school **January 6, 2020**.

Winter Break  
Dec. 21, 2019 – Jan. 5, 2020

### **Milk**

Milk **will not** be available January 6<sup>th</sup> and possibly January 7<sup>th</sup> due to the Christmas Break. Sorry for any inconvenience.

### **Wadoka Martial Arts**

Wadoka Martial Arts will be starting again for a second session in January. This program is free for families thanks to Jump Starts funding. It runs during the students lunch hour in the gym.

If you are interested in registering your student for the second session of the martial arts program please complete the attached flyer and return it with your student. If you student was enrolled in the first session you will still need to register for the new session.

To Register: Complete the (attached) Registration Form and deliver the form to the office at the school. Last day to Register: Friday January 10<sup>th</sup> 2019. Program begins January 13<sup>th</sup>; ends March 27<sup>th</sup> 2020.

# WADOKA Program Meadowbrook Public School

Sponsored by Canadian Tire "Jump Start" Charity



## Spend a Productive Lunchtime!!

*The WADOKA program utilizes martial arts principles and practices to teach children self-discipline, self regulation skills, physical literacy, mindfulness and conflict resolution skills.*

**\*Cost:** FREE (Training & Uniforms)

**When?** Mondays---Wednesdays (12:20pm-1:20pm)

**Attendance?** JKS (Mondays). SKS (Tuesdays) and Grade 1 to Grade 8 (Wednesdays).

**To Register:** Complete the (attached) Registration Form and deliver the form to the office at the school. Last day to Register: Friday January 10<sup>th</sup> 2019. Program begins January 13<sup>th</sup>; ends March 27<sup>th</sup> 2020.

**For more information:** Call the Program Director, Colin Ninvalle at (647) 271-1566 or E-mail: [cninvalle@hotmail.com](mailto:cninvalle@hotmail.com)

**\*Please Note:** the only cost to students would be for 'grading belts' (eg., "yellow", "orange", et cetera). They cost \$10.00 each for students who pass.

## Registration Form

# **WADOKA Program – *Lunchtime***

**Meadowbrook Public School: January 2020 - March 2020**

## **PARTICIPANT INFORMATION:**

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Residence Phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ ' (Please write clearly!! Thank you)

School: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Special Needs/Medical Conditions/Allergies: \_\_\_\_\_

## **PARENT INFORMATION**

Name of Parent: \_\_\_\_\_

Phone #: Res.: \_\_\_\_\_ Cell: \_\_\_\_\_

## **EMERGENCY CONTACT**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ (Cell)

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## **WAIVER**

I, the parent/guardian (undersigned) of the participant under the age of 19 years old, hereby permit his/her full participation in the **WADOKA Program -*Lunchtime***, located at **Meadowbrook Public School**, and understand that the program may involve photographing/videotaping of student performances to share with parents and to promote the program. I agree to allow the images to be used (only) for such purposes. Further, I hereby permit and give my consent to any person(s) skilled and trained in FIRST AID to treat and/or provide adequate assistance to the participant in the event of injury.

I understand and am aware that the program has comprehensive insurance up to the sum of 5 million dollars and that this document is intended to be as broad and inclusive as permitted by the laws of the State, Province or Country in which the program is taking place and agree that if any portion of this agreement is invalid, the remainder will continue in full legal force and effect.

**I HAVE READ AND UNDERSTAND THE TERMS OF THE ABOVE AGREEMENT, AND WILL COMPLY WITH THE TERMS HEREOF.**

**Participant's Name:** \_\_\_\_\_

**D** \_\_\_\_\_ **M** \_\_\_\_\_ **YR** \_\_\_\_\_

**Date of Birth**

**Health Card #:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Program Director's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Bob Sandiford

ROC Principal  
Meadowbrook Public School

Office: (905) 895-3081



Jennifer May

Vice Principal  
Meadowbrook Public School