Dear Herbert Mills STEM Parents and Families,

On Thursday February 15, we will be having a Heart Fest to support this year's **American Heart Association Design Challenge.** The statewide design challenge sponsored by OSLN this year is to work as a team to fight heart disease and help your community become heart healthy. During our Heart Fest I would like to have some stations that educate our students about our heart, activity stations that "work out" the heart, as well as some stations that could challenge us to try some things that promote heart health...throughout this day I am hoping the children might be inspired on how to approach a solution to the design challenge.

How can you help?!...we are in need of a few adult volunteers!

Volunteers would be in charge of helping run stations, cutting up fruit and veggies, distributing water and discussing healthy drink options...in the morning and afternoons as the classes rotate to each activity. If you would be willing to help out, please fill out the form below and let us know when you can help. **You will need to be a district-approved volunteer** (please contact Mrs. Russell in the office for more information or go to the Volunteer page on reyn.org). <u>Stations will be assigned the day of Heart Fest</u>.

Do you have a special skill or training that you could lead on this day?...we are looking for Yoga/Aerobic instructors, a dentist or nutrition specialist who would love to lead us in an activity!!

Thanks for your time,

Mrs. Gochenour Physical Education Teacher

×-----×

Yes, I would like to volunteer at Herbert Mills STEM on February 15.

Name	child's name	grade	phone #	
I am available to	help from 8:15-11:00	-	-	
I am available to	help from 11:30-2:00			
I am available to	help all day from 8:15-2:15	5		
0	up in a "workout" or nutrit to be a district-approved v	P 1		

I am unable to volunteer, but would like to make a donation. Please contact me so that I can help by sending in fruits and vegetables for a healthy snack station.

