



Tucker Bulldog News

Kid's Café

Free nutritious meal for anyone up to 19 year of age

Serving 4:00-5:00PM Monday - Friday at the Salvation Arm located at 1475 W. Coldwater Rd.

The Salvation Army Food Pantry:

Distribution Day/ Hours Open:

Tuesdays & Wednesdays 10:00-11:30AM and 1:00-1:30PM.

You must apply prior to Distribu-

tion Day to be assisted. Items required to apply:

- Current Photo ID
- Social Security Number of all adults
- Proof of Household Income
- Proof of Minor Children

Apply at the Salvation Army located at 1475 W. Coldwater Rd. Mon, Thurs, and Fri from 10-11:30 and 1-2:30. Call 789-4003 and ask for Rosemary.

Kids Klub!!!

The Salvation Army would like to invite you and your children to their Kids Klub Program. Kids Klub provides activities, learning basic skills, arts & crafts, nursery rhymes, Bible stories, movies and much more.

Ages 2 to 5 years of age

Start Sept. 2, 2008

Hours: 10:30-5:30

Cost: \$30.00 per week Call 789-4003 or 625-7268.

This is a reminder that if your child/children arrives before 7:45 they will be asked to eat breakfast. Doors do not open until 7:30. Students can not stay outside but must come in to the cafeteria.

Please wait at exit doors for teachers to bring class out at end of day. Only under an emergency will students be released between 2:30 and 2:45PM. Early releases can cause disruption to end of the day procedures.

Health Tip 2-

Eat less by keeping this in mind:

Relax, focus

Teach yourself to eat mindfully, start with a raisin. Drink a glass (or two) of water. It could be all you need to satisfy a craving.

5th-6th grade girls will be rehearsing Tue. until 4 and Thur. until 4:30. PTO school supply sale Friday.

This Weeks Events

Count Day T-shirts will be given to all students who are in attendance on Wednesday, September 24. It is very important that your children are here and on time.

Balloon Lift Off- Wednesday, Sept. 24 students will be releasing balloons at 2:00PM. Parents are invited to attend.

HEALTH TIP:

Walking may help keep your memory intact. Walking about 2 miles per day may lower

rates of dementia than the people who walk less or not at all. Other ways to protect your health includes eating a healthful diet that includes fish, nuts, and olive oil and staying by reading, learning a new language and playing word games.