



PEACE & PIZZA

Please join us for some time for yourself and with your Kindergarten student to breathe and relax.

We will focus on the importance of taking time for yourself and breathing as a way to reduce stress and increase peace. You will learn strategies to practice with your child at home. A gift book will also be included.

When: February 16 at 1:00

Where: McGuffey PK-8 library

Pizza will be served for you and your Kindergarten student to enjoy.

Please return the slip below to school by **Friday, February 10.**

Student's Name

Number of Adults attending

This event was designed so you can spend some quality time with your Kindergartener.

If possible, please make arrangements for younger siblings.