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**Cairo : 12 / 10 / 2019**

## **Sports For Everyone**

**Dear Parents;**

### **Greetings to you all**

It is one of NRC beliefs to develop good and healthy habits for all our children .

The sports for everyone is a project to encourage our children to exercise daily throughout the year . We would appreciate very much if you can follow up with your child to make sure he / she is doing the exercises every day and if you can join him / her and to check whether they did it or not in the attached form . I recommend you to photocopy, fill and give your child a little prize weekly or monthly. Exercising with them is the best way to learn . This is done in the class; stressing the following concepts:

- Win – win situation .
- Team work .
- I'm not a loser .
- Never give up .
- Co-operation to win .
- Olympic Games .

Furthermore Brain Gym websites on the internet is of great help, not only physically but psychologically and mentally as well .

Hope you enjoy this project with your child .

Thanks for your co-operation .

**Kindergarten Principal**

**Amany Youssef**

**College Director**

**Hala Toma**

**Cairo : 9/10/2019**

**Dear Parents;**

**Greetings to you all.**

**We are pleased to announce that the KG students will have their Sports Day as follows :**

| Date                        | Class               |
|-----------------------------|---------------------|
| <b>Saturday 19 /10/2019</b> | <b>KG 1 &amp; 2</b> |

- **Place** : Playground .
- **Uniform** :

| Class  | Group     | T-Shirt color |
|--------|-----------|---------------|
| KG 1 A | Sun       | Red           |
|        | Moon      | Blue          |
| KG 1 B | Nemo      | Orange        |
|        | Dory      | Green         |
| KG 1 C | Butterfly | Yellow        |
|        | Flower    | White         |
| KG 2 A | Rose      | Blue          |
|        | Sunflower | Green         |
| KG 2 B | Buzz      | Red           |
|        | Woody     | White         |
| KG 2 C | Pooh      | Yellow        |
|        | Tigger    | Orange        |

- Black Or Blue pants or shorts .
  - White socks and sports shoes .
  - Please note that this event is only for students .
- Thank you for your continuous cooperation .

**Kindergarten Principal**

**Amany Youssef**

**College Director**

**Hala Toma**

# Exercise Everyday



Month : .....

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|        |         |           |          |        |          |        |
|        |         |           |          |        |          |        |
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