



Continuing the Tradition of
Academic Excellence

St. Michael School
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Keith Prather, Principal

**HEALTHY HERO BIKE & HIKE
FRIDAY, OCTOBER 16**

As part of St. Michael School Healthy Hero Week, all students will participate in Healthy Hero Bike & Hike on Friday, October 16 from 12:20 - 1 p.m. We will go around the block and back to the school. Bikes are allowed for Grades 1-5 only. No bikes with training wheels (sidewalks are too unsafe). No scooters (sidewalks are too unsafe). Helmets are a must! No helmet, no riding!

We do need parent helpers to ride, walk or stand on the corner.

Please return the signed permission slip no later than Monday, October 12.

Thank you.

Keith Prather

**HEALTHY HERO BIKE & HIKE
FRIDAY, OCTOBER 16**

I/We the parent(s) of this student, request that St. Michael School allow my child, _____, to participate in the field trip described above. I/We understand that this event will take place away from the school grounds and that my student will be under the supervision of designated school employees and/or volunteers on the stated date. I/We hereby release and save harmless St. Michael School and any and all employees and volunteers for any and all liability and any and all injuries resulting from this trip. I/We further consent to the conditions stated above for participation in this event, including the method of transportation.

Date

Parent Signature

**I can help with the Bike & Hike _____
(You will need to be at the school by 12:10 pm)**