



Saco Middle School Presents:
BAM Wellness Day
March 17, 2023



Are you ready to beat the winter blues? On **March 17, 2023**, Saco Middle School is sponsoring BAM DAY – “Body and Mind” Wellness Day. On this day, instead of a regular school schedule, students will be able to choose from a variety of activities to promote wellness, learn new skills and just have fun! Students may choose from activities at SMS or off-site. Some have a fee and some have no cost. Please read on to learn all the details!

Registration Dates:
Wednesday, February 15th
(In order of 8th, 7th, & 6th grade)

Permission slips and money due to Advisors by : March 10th, 2023

REGISTRATION:

- Students will register in order of grade (8,7,6). We have made an effort to have many activities to choose from, but it is possible that your child will not get his/her first choice of activities. Please consider planning multiple options and discussing any costs in advance. **Students are encouraged to make activity plans with their friends prior to sign-ups.**
- Students need to sign up for enough activities to fill their day from 8:30 – 1:30 (Activities are broken into full day, $\frac{2}{3}$ of a day, and $\frac{1}{3}$ of a day). ***Please see the back for activity options and times.***
- Students will attend the Staff vs. Student basketball game when they return.
- Students DO NOT need to bring any money to registration. When your child has selected a schedule for the day and has registered, he or she will be given a permission slip with activities and associated costs, if any.
- Contact Mrs. Watts by email at twatts@sacoschools.org at SMS for info about scholarships, if needed.
- Any required paperwork and fees MUST be returned by **Friday, March 10th**. *All off-site activities require a signed permission slip. Seacoast Snow Tubing, Rock Climbing & Urban Air additional release forms to be signed and turned in.*

INFORMATION:

- Bag lunches will be available for **FREE**. Students are welcome to sign up for a bag lunch or bring their lunch from home that day. Bag Lunches include a sandwich, fruit, drink, chips and dessert.
- For a description of the activities, check out our BAM website at:
www.sacomiddleschoolbam.weebly.com