

Northridge PAC "Welcome Back" BBQ and Parent
Health Fair

September 25th from 5:30-7

We will be serving your choice of a hot dog, veggie dog, plus water and a bag of chips for \$3 per person. Come eat, visit and meet more Northridge parents.



We are excited to bring you a parent health fair for the first year ever! It is our hope the resources at the health fair will help get you off on the right foot for the school year.

Topics covered will include:

- * Healthy lunches and snacks
- * Litter less Lunch box systems
- * Safe and active routes to school
- * Creating alternatives to screen time
- * Strategies to teach your child self-regulation skills