



SUMMER KIDS PROGRAM

The Pay-Less Healthy Heroes Summer Kids Program started in 2017 and now we are back, ready to work with the youth of Guam. Join us in our mission to spark awareness, inspiration, and empowerment to live healthy and sustainably. Kids imaginations will soar with daily-themed activities led by leaders in health, fitness, and environment. Through fun, interaction, and creativity, our young heroes can nourish their potential to help care for our community.

WHOLESOME CURRICULUM:

Session 1: June 24-28, 2019

Session 2: July 8-11, 2019

Time: 8:00am - 5:00pm

Location: All Sessions will be In the EduKitchen inside Pay-Less O.N.E.

Age: 7-12

Price: \$190

SUPER CURRICULUM/MISSION

- **Healthy Hero Monday:** Protect, fuel, and build a hero's body through healthy food choices led by our registered Supermarket Dietitian and other health professionals.
- **EduKitchen Tuesday:** Brave new ingredients and culinary techniques to save time and money in kitchen led by our EduKitchen chef and hotel chefs.
- **Go Green Wednesday:** Defend the planet from waste to save future generations led by environmental professionals.
- **Fun & Fit Thursday: Incredible Fitness:** Move up, up, and away for an action-packed lifestyle led by fitness professionals.
- **Hafa Adai Friday:** Journey to the farm and explore agriculture and island traditions.

GUEST SPEAKERS

Session 1: June 24th - June 28th

- **Healthy Hero Monday:** Rosae Calvo (Pay-Less Markets Registered Dietitian); Richelle Rada; Rynette Perez, & Brandon Holm (UOG/Snap - Ed)
- **EduKitchen Tuesday:** Chef James Opena (Pay-Less EduKitchen Chef); Gill Quichocho (Tasi Grill Chef)
- **Go Green Wednesday:** Annania Nauta (Community Relations Coordinator/Go Green Program Coordinator)
- **Fun & Fit Thursday:** Joseph Camacho (Community Care Coordinator); Rose Eddy (Unified Guam); Maria Quinene (Paradise Fitness)
- **Hafa Adai Friday:** Penny & Bernice Nelson (Amot Farm); Field trip to Manhita Farm

Session 2: July 8th-July 11th

- **Healthy Hero Monday:** Rosae Calvo (Pay-Less Markets Registered Dietitian); Lenora Makela (Eat Right Guam), Jesse Rosario (The Boka Box)
- **EduKitchen Tuesday:** Chef James Opena (Pay-Less EduKitchen Chef); Hyatt Chef
- **Go Green Wednesday:** Annania Nauta (Pay-Less Markets); Kaylyn Bautista (Guam Water Kids)
- **Fun & Fit Thursday:** Joseph Camacho (Pay-Less Markets); Leonora Arevelo (Synergy Studios); JJ Ambrose & Jeff Mesa (Steel Athletics)
- **Hafa Adai Friday:** Field trip to Manhita Farm



LIABILITY RELEASE FORM

Photo Release Agreement: I hereby authorize Pay-Less Markets Inc. and those acting to its authority to record my child's likeness and/or voice on video, audio, photographic, digital, electronic or any medium for promotional, educational, and/or any other lawful purposes. I release and waive any claims or rights of compensation or ownership regarding such uses and understand that all such recordings shall remain the property of Pay-Less Markets Inc.

Acknowledgment of Risks: I understand there a number of inherent risks associated with participating in summer camp programs, including but not limited to physical activities, traveling site to site, performing culinary techniques using cooking equipment and supplies. I give permission for my child to participate in all Health Smart, Culinary, Go Green, Fitness, and off-site activities. I acknowledge and assume the risks involved in these activities and for any damage, illness and injuries resulting from such risks. There are no physical, emotional or mental problems or limitations associated with my child's participation in camp activities except as disclosed by me in writing to Pay-Less eduKitchen.

I have read and understand all the risks associated with my child's participation in this summer program. I understand that this program is held every day, from Monday to Friday for each session, from June 24 to 28 and July 8 to 12, from drop off to pick up.

I, _____, on behalf of my child, _____, hereby release and waive any claims or prospective claims of liability by my child or by me on behalf of my child, against Pay-Less Markets, Inc. or the Pay-Less EduKitchen and their employees and agents, with respect to any injuries, illness, damage or death occurring to my child while he or she participates in any and all camp activities. I understand that by signing this waiver and release, I expressly and willingly agree to the above terms and hold complete responsibility for any incidents from the participation of my child in camp activities.

Parent/Guardian Signature

Date

STUDENT INFORMATION:

Name of child: _____ Nickname/preferred: _____ AGE: _____

MEDICAL INFROMATION

DOES YOUR CHILD HAVE ANY ALLERGIES? PLEASE SPECIFY ALL ALLERGIES OR FOODS THEY ARE UNABLE TO CONSUME OR WORK WITH:

ADDITIONAL MEDICAL LIMITATIONS/CONDITIONS: _____

EMERGENCY INFORMATION SHEET

*At least two emergency contacts

NAME	RELATIONSHIP TO STUDENT	HOME PHONE #	WORK PHONE #	CELL PHONE #

Insurance information:

Company: _____

Plan: _____

Policy Number: _____

Additional medical information/requests:
