



4th & 5th Grade Families VIRTUAL FAST



*Would you like an opportunity to spend more time as a family?
Would you like a chance to have one-on-one time with your child
with no interruptions?*

4th and 5th grade student(s) and their families are invited to attend our virtual FAST Program!

- FAST is a **free** family program offered virtually over multiple weeks.
- 4th and 5th grade FAST Program will begin in **February, 2021**.
- Virtual FAST meetings take place on Zoom each week and are approximately 1-1.5 hours each time.

FOR PARENTS

- Get to know parents in your child's grade
- Learn about school & community resources
- Enjoy an evening together as a family
- Chance to win a gift basket
- Weekly drop-off of materials for activities

FOR YOUTH

- One-on-one time with parents
- Fun activities for siblings
- Have fun with parents and siblings
- Become part of a youth group

VIRTUAL FAST PROVIDES:

- A weekly drop-off of materials for your family to use for activities.
- Weekly "FAST" meals that you prepare at home.



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Please feel free to direct any questions to Cindy Janecek in the Family Resource Center at 414-525-6117.