

Derby Middle School Health and Wellness Club Application:

The Derby Middle School Health and Wellness club is a new club for the 2017-2018 school year. This club will meet 1 to 2 times per week, after school from 2:55-3:45. Our meetings will occasionally be held at DMS, but will most likely take place at the Wellness center found at our neighboring school Derby High School. In this club you will have the opportunity to not only improve your own physical fitness and health, but the health and wellness of others in the building.

As a group we will begin with using our fitness and wellness center, but will plan and create ways to improve the health of our peers and the staff at DMS. Members of this club should have a desire to improve themselves, as well as help others. Please see the attached application, complete and turn into Mr. Rosa. Depending on the number of applications a raffle may be held.

All club members should meet Mr. Rosa, at the end of the day at the DMS gym. We, as a group, will walk to DHS together.

