



## **PROGRAM OFFERINGS**

### **LUNCH PROGRAM**

When a young child learns to handle himself gracefully at the table, not only is the child happier, but the whole family can more fully enjoy the dining experience.

The RKMS Lunch Program provides up to 16 children with an opportunity to learn courteous table etiquette, increase awareness of good nutrition and practice a healthy lifestyle. The program helps to promote a sense of community and responsibility as the children set up the tables, eat together and clean up afterward. The group is supervised by a Directress and an Assistant. Each child should bring a healthy and nutritious bag lunch.

#### **Program times:**

##### **SESSION 1**

Monday – Friday 11:15 – 12:30