

HAMMARSKJOLD HIGH SCHOOL

VIKING FOODS

Food & Nutrition - HFN10K

Hammar skjold invites all Grade 8 students to join us and explore the adventure of learning and improving their food and nutrition knowledge and skills - after school, two days each week from 3:40pm - 5:10pm (September - June)

We are very pleased to offer state-of-the-art food labs and the work of the Get Fresh Cafe for student use at Hammar skjold.

Viking Foods will be offered based on student enrolment. A lottery approach for the limited available seats will be utilized to ensure fairness. A wait list will be created if seats are oversubscribed.

Students who are successful in the Viking Foods after-school program will earn a Grade 9 Social Sciences and Humanities credit.

All Viking Kickstart programs will be held at Hammar skjold. Parents / Guardians are responsible for transportation to and from Viking Kickstart Programs.

What is Viking Foods?

Viking Foods is a fun way to work on the skills critical to success in today's world of foodies, fondues and fudgecicles.

Do I need to know how to cook and prepare food?

No - that's what you'll learn. Students will benefit from Viking Foods regardless of their level of proficiency in the kitchen!

Is this a high school course?

You bet! You will earn your first high school credit, which will open up more choices for you in the years to come!

How do I sign up?

Register online, or complete the form below and return to your home school, or Hammar skjold's main office.

www.lakeheadschoools.ca/vikingkickstart

VIKING KICKSTART

Tuesdays and Thursdays ● 3:40pm - 5:10pm ● Sept.8 - June 21

Monday and Wednesday ● 3:40pm - 5:10pm ● Sept.7 - June 20

APPLICATIONS ACCEPTED UNTIL JUNE 13, 2022

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Student Name: _____ Parent/Guardian Name: _____

Date of Birth: _____ Home Address: _____

Parent Email: _____ Phone Number: _____

Current School: _____