



## Shake & Make w/ Ms. Sherwood @ WES Summer 2022!

Shake and Make is a new cooking class to expand learning and provide quality after school programming! Shake and Make is a cooking class that will allow students to develop and establish healthy eating options while creatively fostering innovative ways to cook. There are many great life lessons that cooking nourishes. Pun intended! Cooking promotes time management skills, organization, and independence while building responsibility and character. At the same time, cooking minimizes impulsivity, stress and anxiety, and ultimately dis-Ease. Each week we'll focus on a theme, prepare a recipe, and execute our skills to create healthy fun food ideas. Combining these themes, students will complete a personal recipe book for their friends and families to share.

**Sessions held from 3:00-4:30 P.M. at WES**

Entering Grades K-3: Mon & Wed 6/20, 6/22, 6/27, 6/29, 07/06, 7/11, 7/13, 7/18, 7/20, 7/27

Entering Grades 4-8: Tue & Thu 6/21, 6/23, 6/28, 6/30, 7/05, 7/07, 7/12, 7/14, 7/19, 7/21

**The cost of the workshop is \$120.00.**

If your student is enrolled in Project Link you may enroll via your [parent portal!](#)

*Students may attend Project Link from the conclusion of the school day until the start Shake & Make!!*

Student' Name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Parent's Names \_\_\_\_\_

Phone #1 \_\_\_\_\_ Phone #2 \_\_\_\_\_

Email Address: \_\_\_\_\_

Please make checks/money orders payable to the Westlake Board of Education and submit at

The Westlake City Schools Administration Building, any Project Link site or school office.

Credit card payments may be submitted via EZ Pay by clicking *Activity Fees* and *Project Link Enrichment Activity!*

Shake & Make WES - Summer

WLAKE.ORG