

Join the fun in Cooking Class!

FRIDAY March 6th



Noon Dismissal

Sacred Heart School

An easy, fun, and no-fuss approach
to cooking and Baking



You're Invited

class 12 noon to 4:15 pm

Kindergarten thru 8th grade

\$69 All materials provided - No extra fees

Take home recipe cards

Class located in the ART ROOM

Kids are naturally creative and adventurous—the kitchen is a perfect place for their self expression



Celebrating Lent - Meatless Friday

Mix new flavors with familiar favorites



- * Build your own Noodle Bowl - Your Flavors, Your Way!
- * Fill, shape, & seal delicious Dumplings & Potstickers
- * Dip your Fishsticks and try new sauces



- * Finish up making your own Easter Bunny Roll!

Hands-On Cooking Classes for Young Chefs!

- * Kids learn real cooking skills they'll use for a lifetime.
- * Explore healthy foods, world cuisines, and kitchen confidence.
- * Strengthen math, vocabulary, teamwork & responsibility.
- * Safety-focused classes—proper tool use taught every session.
- * Even picky eaters discover new favorite flavors!
- * Healthy habits are encouraged... even when we make sweet treats!



Have questions? contact Mary at (760)774-0228 text or call

First Friday Cooking Class March 6th, 2026

Registration Form Sacred Heart School

Class held in the ART ROOM



\$69 Please fill inform legibly...One form per student

Name _____ Gender: M / F Age: _____ DOB _____ Grade _____

Parent / Guardian Name: _____

Address: _____ City: _____ Zip: _____

Parent/Guardian Email 1: _____ Email 2 _____

Home #: _____ Cell #: _____ Work: _____

Allergies: _____ Medical Conditions: _____

Emergency Contact: _____ Phone#: _____ Relationship: _____

Physician Name: _____ Phone: _____

Physician address: _____ City _____

Insurance Co: _____ Policy #: _____

Please attach a copy of your child's insurance card or policy

Participation in a Culinary Comfort cooking class may involve student use of cooking equipment and tools in a kitchen environment. It is understood and expressly agreed to by the Parent (or student) that by making payment for (including the redemption of a gift certificate or volunteering) and/or by participating in the class, the Parent / Student releases, indemnifies and hold harmless Mary Gefroh, Culinary Comfort and any and all contractors, subsidiaries or associates, from any and all liability of any kind for any damages and/ or injuries incurred in connection with the students attendance at a Culinary Comfort class and understands and accepts the risks inherent in the preparation, cooking and eating of food with other people in the kitchen.

Policies:

- * Students need to arrive on time and need to be picked up directly at the end of class by an approved guardian.**
- * Students are expected to be respectful of other students, instructors and all rules. Parent will be called to pick up student that disrupt class. No refunds for classes when removed for disorderly conduct.**
- *Students must wear close toed shoes, their hair must be pulled back off the face, and no jewelry should be worn.**
- *All tuition is due at the first of the month. There are no refunds, credits or transfers to another month. No registration fees are required. Make up class available with instructor approval and if class space allows.**

Parent/guardian hereby give permission for participant to attend the after school cooking class at Sacred Heart School and agree to the above listed policies.

Parent / Guardian Signature _____ Date: _____

***Make Payable to Sacred Heart School**

Contact Mary at (760)774-0228 text or call

***Turn in registration to school office**

email mary@culinarycomfort.com