



OSSINING UFSD NEWS

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“Wellness Day” Debuts at OHS *Hikes, Healthy Cooking, Meditation On the Menu*

(OSSINING, NY) – While some students calm their minds with yoga, others will be hiking Audobon Society Trails in Greenwich, learning Latin Dance moves or practicing Chinese Cooking during **“Wellness Day” at Ossining High School, March 31 from 7:45 to 10:35 a.m.** This is the final Teacher Institute Half-Day program to be held at the school this year.

Students can choose two workshops in which to participate that day from a list that also includes singing, watercolor and kickboxing, or they can spend their half-day in an outdoor activity off-site, including a bicycle ride to Croton Point, ice skating at the Brewster Ice Arena or walking to the local firehouse for breakfast and equipment demonstrations with firefighters. Juniors have the added option of attending one of several college tours that day, including Vassar, Fairfield University and St. John’s.

“Our goal with all our Teacher Institute Days is to expose Ossining High School students to as many new and healthy experiences as possible,” said Assistant Principal Lorraine Longing, who organized the Wellness Day. “In addition, offering juniors the opportunity to tour some of the areas best colleges will aid them in their choices for the coming year.”

The Ossining Union Free School District, nationally recognized for its mission to further the success of all children, serves approximately 4,200 pupils in six schools: Roosevelt School for newborn to four-year-olds, Park Early Childhood Center for kindergarten through first grade, Brookside School for grades two and three, Claremont School for grades four and five, Anne M. Dorner Middle School for grades six through eight, and Ossining High School for grades nine through 12 (3/2008)

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