



FOR IMMEDIATE RELEASE:

October Designated as Wellness Month in Paso Robles Joint Unified School District

Paso Robles, CA (October 3, 2017) – The Paso Robles Joint Unified School District (PRJUSD) Board of Trustees proclaimed October as Wellness Month at the September 26 board meeting. During the month of October, students throughout PRJUSD will be participating in activities that promote healthy lifestyles and making positive choices. Says Carol Kenyon, Director of PreK-8 Education, "This month isn't just about a slogan or a fun activity, it's about helping students truly understand the importance of the health and safety choices they make."

The month will kick off with Red Ribbon Week events at all school sites. Red Ribbon Week is a national campaign that began in 1985. The purpose is to educate youth and encourage participation in drug prevention activities. Adds Kenyon, "It is exciting to see students of all ages think deeply about making commitments that will have a lasting and positive effect on their futures."

Also included in the month's activities will be the Walk to School Day on Wednesday, October 4, where students and parents are encouraged to either walk or ride their bikes to school.

Health and wellness activities are not only reserved for the month of October. PRJUSD works year-round to ensure that students are learning about healthy eating habits and the importance of physical activity. Through a partnership with One Cool Earth, school sites have gardens that are tended by students. The fresh fruits and vegetables are harvested and served at lunch. And to help teach students about being physically fit for life, physical education and dance instruction begins with the youngest students in kindergarten and continues through high school. Recently, students from Flamson Middle School competed in a "tough mudder" event in Los Osos and Lewis Middle School students participated in a school-wide color run. This Friday, Kermit King Elementary will host its annual Frog Jog.

For more information about the programs offered in PRJUSD, visit the website www.pasoschools.org or email info@pasoschools.org. To subscribe to the PRJUSD weekly newsletter, visit www.pasoschools.org/thevine.

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