

# STEPPIN' to a HEALTHIER ST. PAUL PUBLIC SCHOOLS

Walking Relay, May 18<sup>th</sup> & 19<sup>th</sup>



We are pleased to announce that St. Paul Public Schools has been recognized nationally as a leader in promoting a healthy learning environment for students and staff.

To raise awareness of the wonderful wellness efforts our district and schools have made, we are participating in a wellness walk relay that begins at Frost Lake Elementary on Monday, May 18<sup>th</sup> and ends at Highland Park Elementary on Tuesday, May 19<sup>th</sup>.

Students and staff will participate in various ways like kicking off the relay with a lap around the school and learning about the benefits of physical activity. The benefits include: improved academic performance, school attendance, brain function, cardiovascular fitness, and psychological benefits.

We are very excited and proud of the progress our school district has made in promoting a healthy learning environment for students and staff alike.

Thank you staff, students, and families for all of your support!

