



PENNSBURY SCHOOL DISTRICT

134 YARDLEY AVENUE • P.O. BOX 338 • FALLSINGTON, PENNSYLVANIA 19058-0338

April 28, 2023

Dear Pennsbury Families,

It's hard to believe we are almost in the month of May! As we sprint toward the end of the school year, I want to inform you that May is [Pennsbury Wellness Month](#), and we have some exciting events planned.

District-wide Contest

- During May, all Pennsbury students and staff are encouraged to focus on their physical, social-emotional, and nutritional health. [Please track your activities on the May Wellness Log on our website.](#)
- **We will celebrate the school with the most entries.** Activities include walking, biking, playing sports, yoga, practicing mindfulness, and making a healthy snack. The possibilities are endless!
- **Win a Free Bike!** One lucky participating student from elementary, middle, and high school will be randomly selected to win a new bicycle courtesy of The Nutrition Group, Pennsbury's food service provider!

Other District Events

- April 30 - The [Yes You Can 5K is this Sunday, April 30](#). It's a great way to kick-off Pennsbury's Wellness Month and support our school PTOs. If participating in the 5K, remember to enter the event on the [Wellness Activity Log](#).
- May 17 is [Walk & Bike to School Day](#). Students who live **within walking distance** of their schools are encouraged to walk or ride a bike to school with parental permission. Don't forget your helmet! More information to come.

We are excited to see how our families participate in Wellness Month!

Sincerely,

Thomas A. Smith, Ed.D.
Superintendent of Schools
tsmith@pennsburyisd.org
215-428-4111

As a reminder, Pennsbury uses [Safe2Say](#), an anonymous tip line, to alert us to any individual who may be struggling and/or in danger of causing harm to themselves or others. Every tip is investigated.