



Pennsbury School District Wellness Month

During the month of May, all Pennsbury students and staff are encouraged to focus on physical, social-emotional, or nutritional health. Ideas include walking, biking, playing a sport, yoga, mindfulness, making a healthy snack, screen-free nights, and more!

[Click here to log your activities!](#)

We will celebrate the school with the most entries! One lucky winner from elementary, middle, and high school will be selected at random to win a new bicycle courtesy of The Nutrition Group!



Other Upcoming PSD Wellness Activities



April 30



May 17

Visit our website for more information.

<https://www.pennsbury.org/wellness>