



OSSINING UFSD NEWS

For Immediate Release

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District Kicks Off New Employee Wellness Program

(OSSINING, N.Y.) – The Wellness Committee of the Ossining Union Free School District has initiated a new, 10-week employee wellness program to begin March 3. The event follows the American Cancer Society’s “Active for Life” program. It is both a “personal-best” and a group activity open to all school employees. The program awards points for healthy lifestyle choices, including eating habits and exercise, which are logged online. The school accumulating the most points will receive a special prize and trophy, and all participants will receive a "goody-bag" of products and coupons. Sponsors include: Lightfull Foods (Lightfull Smoothies), Vitamin Water, Equal, Diabetic Cooking Magazine, the State of New York Department of Health, the American Cancer Society and Club Fit.

"The District is committed to promoting wellness in the community," said Faith Lippe, the district’s nutrition consultant and a member of the Wellness Committee. “This new staff program perfectly complements the FIT KIDS and other wellness education programs the district continues to engage in for all students and their families."

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. **2/2008**

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