

### OCTOBER WELLNESS CALENDAR

DATE	ACTIVITY	LOCATION
Ongoing 10 Week Program	Too Good for Drugs (6th Grade)	All Elementary Schools
October	Mental Health Discussions during Health Class	John G. Borden Middle School
October	MealPlanner Instructions for Health Eating	John G. Borden Middle School
October 2, 2023	RYAN Youth Rally (Freshman Class)	SUNY Ulster
October 3, 2023	Wellness Meeting	Senior High School Room 102
October 4, 2023	Walk to School Day	Ostrander Elementary School
October 6, 2023	Energy Conservation Assembly by Central Hudson	Ostrander Elementary School
October 6, 2023	Ashokan Field Trip	Plattekill Elementary School
October 10, 2023	Fire Prevention Day	Ostrander Elementary School
October 11, 2023	Fire Prevention Day	Leptondale Elementary School
October 13, 2023	Fire Prevention Day	Plattekill Elementary School
October 30, 2023	Ashokan Field Trip	Leptondale Elementary School
October 23 - October 27	Red Ribbon Week	All Buildings