



U-Knighted by Wellness

activities to support student health & well-being

In-School activities during 3A/3B

<p><u>Silver Steppers</u></p> <p>Tuesday/Thursday– 3B</p> <p>Auditorium</p> <p>Ms. Jordan</p>	<p><i>A majorette-style dance and step team that focuses on learning dances and steps that will be performed at pep rallies throughout the year! This form of movement is very popular and common in the Black/African American community. In fact, at many Historically Black Colleges & Universities, this is a major part of the school culture and extracurricular offerings. We as the Silver Steppers, would like to welcome all who are interested in this style of movement to practice twice a week. This group allows you an opportunity to express yourself in a new way while also being a part of a team!</i></p>
<p><u>Mindful Movement</u></p> <p>Thursday– 3A & 3B</p> <p>Media Center Wellness Room</p> <p>Sterling Alumna, Jessi Giambri</p>	<p><i>A mindful space where students learn to calm their nervous system. This intentional space encourages active listening, mindful communication, goal-setting, and confidence building.</i></p>

Contact Ms. Kocher with any questions