

Wellness Day



Our second annual school-wide Wellness Day will take place on Wednesday, May 26. The day will begin with a fitness walk. Students will attempt to walk at least one mile with the other members of their grade. Refreshments have been donated by the Skinny Water Company.

In the afternoon, former WNBA star, Debbie Black will address the students. Ms. Black is a graduate of Saint John Bosco Elementary School, Archbishop Wood High School, and Saint Joseph University. She is a member of the Athletic Halls of Fame at both Wood and Saint Joe's, and is a recent inductee into the Bucks County Hall of Fame. At the present time, Ms. Black is the first assistant to the women's basketball coach at Ohio State University.

The day will conclude with the final round of the Saint Ephrem Hot Shot Tournament featuring our sixth, seventh, and eighth grade students.

Wellness day should be a fun and beneficial experience for our entire school community.

