



Katrina T. McCombs, M.A.Ed., MPA
STATE DISTRICT SUPERINTENDENT

CAMDEN CITY SCHOOL DISTRICT

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FOR IMMEDIATE RELEASE

School Based Youth Services Hosts Wellness Day at Woodrow Wilson HS

Superintendent McCombs and members of the District's School Based Youth Services (SBYS) will host a Wellness Day event at Woodrow Wilson HS for both staff and students to honor Mental Health Awareness Month

CAMDEN, NJ, May 17, 2022 – In honor of [Mental Health Awareness Month](#), the SBYS Program will host several school wide “Wellness Day” events, providing opportunities for students and staff to participate in activities that are geared toward self-care inclusive of mental, emotional and physical wellness.

Students and staff will be able to gain practical and reproducible ways of coping through the current Covid-19 pandemic, adjusting to re-acclimating to daily schedules, activities and other life transitions. Wellness Day activities will include yoga and mindfulness sessions, clay and art therapy, aromatherapy sessions, memory box creation therapy, line dancing, various sport and team building activities, puppet shows focused on nutritional and physical health, music therapy, cooperative play, and healthy meals and snacks.

WHO: Katrina T. McCombs, State District Superintendent, Camden City School District
Victor Carstarphen, Mayor, Camden City
School Based Youth Services Department

WHERE: Woodrow Wilson HS - Gymnasium | 3100 Federal Street Camden, NJ

WHEN: **May 18, 2022**
11:00am - 12:00pm

The School Based Youth Services Program (SBYSP) is located in host schools and coordinate with existing resources in the community. All youth are eligible to participate and services are provided before, during and after school. SBYSP services include: mental health counseling; employment counseling; substance abuse education/prevention; preventive health awareness including pregnancy prevention; primary medical linkages; learning support; healthy youth development; recreation; and information/referral.

For CCSD media inquiries reach out to Valerie Merritt at vmerritt@camden.k12.nj.us or Sheena Yera at syera@camden.k12.nj.us

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