



Fall Activity for Summer Reading

Dear Parent/Student:

Congratulations on completing your summer reading. As a reminder, your summer reading projects will be presented at the October 2nd advisory meeting. The list of projects to choose from is on the library's webpage at:

<http://newburyport.libguides.com/c.php?g=581475>.

Our **Summer Reading Program** this year includes a day dedicated to bringing students together in a community building experience, joining the curricular and cultural goals of the summer reading program and the high school. Freshman will have the opportunity to participate in mindfulness workshops; for example - yoga, meditation, art therapy, and other team-building and well-being activities.

- Who:** Freshman
What: Health and wellness workshops
Where: Newburyport High School
When: October 5th, Friday, half day; a rain date will be provided if necessary
Time: During school hours (7:30am - 11am); a schedule & lunch will be provided

What to Bring and Wear:

- Yoga mat or a towel
- Athletic attire, including Sneakers
- Sweatshirt (some activities will be outside)
- Water/Snacks

Sincerely,
The Faculty of Newburyport High School