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FOR IMMEDIATE RELEASE

Mustang Strong Day Will Deviate from Normal Class Schedule, Focus on Wellness

Manitou Springs, CO - Manitou Springs High School students will deviate from normal class schedules on March 15 to participate in Mustang Strong Day - a day focused on wellness.

Mustang Strong is a day to learn and experience positive mental and physical health. There will be four blocks focusing on Physical Health, Mental Health, Life Skills, and Free Choice. Students are able to choose classes to participate in. Staff and community partners are leading and teaching these classes/presentations.

“Students who are physically active tend to have better grades, school attendance, cognitive performance, and classroom behavior. Mental wellness can do the same so students can learn the connection between mind and body,” said Jennifer Trainor, Manitou Springs High School Counselor and member of the Wellness Team.

Media is welcome to join us on Wednesday, March 15 for Mustang Strong Day. An assembly and 5k Kick Off are scheduled for 10:20 a.m. The first block starts at 10:45 a.m. There will be photo, video, and interview opportunities.

Below is a list of some of the options offered for each block:

Physical Wellness

- 5k run
- Hike
- Yoga
- Walk the track
- Dance class
- Staff and student basketball
- Zumba

Mental Wellness

- Therapy dogs with counselors

- Meditation and creativity
- Journaling class: effectively writing down to process emotions
- Yoga Nidra (yoga of sleep)
- Confidence class
- TESSA: Mental Health and Coping Skills
- TESSA: Hands are for Holding presentation

Life Skills

- Fix/change a flat tire
- “ChatGPT: cheat without actually cheating”
- How to change oil
- Adults and money, taxes and debt, credit cards, car loans, student loans, etc.
- Sewing class
- Cooking class
- Interview skills
- Pregnancy/STI Prevention
- Tools and Home Maintenance
- Maps and Wilderness Navigation
- Gardening 101
- How to jump start a car/training on what to do if electrocuted AC vs DC
- Leave No Trace on Pikes Peak Highway

Free Choice

- Meditation
- Flying Pig Farm
- Board games
- Storytime with Dante (The Four Agreements)
- Origami Class
- Birdwatching
- Karaoke/open mic

ABOUT MANITOU SPRINGS SCHOOL DISTRICT 14

Established in 1872, Manitou Springs School District 14 (MSSD14) serves approximately 1,350 students from Preschool to 12th Grade who reside in the communities of Manitou Springs, Cascade, Green Mountain Falls, Chipita Park, Crystal Park, and Cedar Heights. The district also serves about 48 percent “choice” students who come from other locations in El Paso and Teller Counties.

MSSD14 offers a “small town” educational environment driven by the core values of relationships, deep learning and opportunity. The district and its staff are dedicated to providing a safe and caring learning environment, encouraging all students to reach their potential and preparing responsible citizens.

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