

Bringing Focus and Balance to Saugus Students

OPEN TO ALL

Belly Breathing – Monday, October 21 – SNN

Ms. Lunde will lead the entire campus in some breathing and calming techniques. We encourage teachers to dim the lights and practice alongside.



Just Say Om - Wednesday, October 23

8:45am - Gym

Open for all students. Coach Turner will be hosting some morning stretching, yoga poses, breathing, and setting good intentions. Wear comfortable clothes.

Thriving at Saugus - Wednesday, November 6 Start of Lunch - MPR

Open for all students. Join the Common Cents Mentors from orientation and a guest club for a talk about the importance of sleep, prioritizing school and home life, eating well, meditation, exercise, and more! **Bring your lunch.**

