

After the assembly students, formed groups according to grade level and visited four different age appropriate presentations throughout the day on character and wellness topics. Presentation topics consisted of Dancing (Barbara Fuss of Roz's Dance Works); Railroad Safety (Raymond Donovan of CSX Railroad); the K-9 Unit ( CC Sheriffs: David Harrison, Chad Shufelt and Heath Benanski); Bullying( Mary Kay Minahan of Catholic Charities); Gymnastics (Karen Leggett of KJ's Gym); Hand Washing and Lyme Disease (Jill Root and Paul Philippe, Columbia County Health Dept.); Be Your Dog's Best Friend through Positive Training (Charlene Marchand of Taize' Shepherd Kennel along with handlers and dogs: Linda DeLong and Brandy; Laura Manchester and Chok Dee; and Antoinette Perry with Maggie); Animal Cruelty (Andrea Walker, Animal Cruelty Officer for Columbia Greene Human Society); the Tobacco Coalition (Marcy Mullen along with 10 students); Kickboxing (Shannon Steltz, Shear Images & Kristine Mackowski, CMS Special Education Teacher); Money Management (Betsy Braley); Therapy Dogs (Elisabeth Grace with Cole and Marjorie Cartwright with Posie); Biking (Jason Kahn, CMS 8th Grade Science Teacher); Physical Training (Nick Westfall, Lek Nazi, Officers from Zone 14 Police Academy); Vocational Program (Renee Belardo from Bryant & Stratton); R.I.D.(Remove Intoxicated Drivers)Blood Alcohol Poisoning (Janice Thomas and Bill Dikent); and Depression Awareness (John Lyons, SCSP Germantown School District Counselor).

During lunch time students could participate in Battle of the Belts sponsored by the CMS S.A.D.D. Chapter. Winning teams compete in Sean's Run, April 26th.

Breakfast and lunch were graciously provided for the presenters by the CMS PTSA. The CMS Wellness Committee: John Rivers, Keara Lombardi, Lynn Fisher, Nancy Solomon, Jamie Boehme and Camille Freedner would like to thank all the presenters that made this a very special learning experience