



Media Alert
For: October 20, 2022

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Thursday: Health, Wellness, Fitness and Violence Prevention to be Focus of *Lights on Afterschool* Celebration at BPS #6

3 PM Event Will Bring Together Students, Educators and Families to Rally for Afterschool

At the *Lights On Afterschool* Buffalo event on Thursday, students and families will hold mindfulness moments, join team-building relay races, play volleyball, enjoy dance breaks, stack cups, make calm-down jars, and more! Be Your Best Self Through Sport and The Champion Project will spearhead sports-based mental health activities at the event and NCAA Division II men's volleyball athletes will help run activities, along with Donny Gleason, head coach at Daemen College.

In addition, students and parents will complete a new Strive for 5 Tracker Challenge, eating well, sleeping, getting physical activity each day, drinking water, and limiting screen time, to receive participation prizes. The event, which will focus on violence prevention as well as wellness, is open to the media. It will be:

- When:** Thursday, October 20, 3 – 5:15 pm
Where: Buffalo Public School #6, 414 S. Division Street, Buffalo
What: *Lights On Afterschool*
With: Students, educators, families, NCAA Division II athletes, Coach Donny Gleason
Why: *Lights On Afterschool* includes thousands of events across this country this month, organized by the afterschool programs across the nation that keep kids safe, inspire them to learn, and give working families peace of mind.

Organized by the Afterschool Alliance, *Lights On Afterschool* is the only national rally for afterschool. Like the event in Buffalo, *Lights On Afterschool* showcases the many ways afterschool programs support student well-being, build their life skills and workforce readiness, amplify their voices, provide them with opportunities for hands-on STEM (science, technology, engineering and math) learning, and help them forge successful futures as the pandemic continues. The Afterschool Alliance organizes *Lights On*

Afterschool to underscore the need to invest in afterschool programs, which provide fun, hands-on learning opportunities.

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