



**MEDIA
ADVISORY**

Bassett Unified School District

on the move

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Contact: William Diepenbrock
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Bassett High Students to Combat Finals Stress with Puppies, Meditation

WHAT: Bassett High School students will combat finals week anxiety with a series of anti-stress activities organized by Bassett Connects, a new student group that is focusing on emotional and social health.

Funded by a \$20,000 grant, the group will help peers handle the pressure of end-of-semester tests with aromatherapy, meditation, stress balls and, yes, puppies.

WHEN: Tuesday, Dec. 4, Wednesday, Dec. 5, Thursday, Dec. 6
Lunchtime activities: Aromatherapy, stress balls, meditation, yoga

Tuesday, Dec. 11
Lunchtime activity: Puppy play

WHERE: Bassett High School
755 N. Ardilla Ave.
La Puente

DETAILS: Bassett Connects is funded via a grant from the California Teachers Association's Institute for Teaching, secured at Bassett High by Activities Director Christina Topjian. In addition to the finals activities, Bassett Connects is working on a connection expo that will offer college and career workshops in March 2019.

MEDIA: Contact William Diepenbrock at 909-214-6909 to schedule onsite coverage.



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