

Emotional Wellness Walk

APT was proud to be a partner and sponsor of the Emotional Wellness Walk on May 18, 2010! The walk was a celebration of the Emotional Wellness Initiative that started in 2006 with a goal of a more unified and supportive school community with four principles at its core- acceptance, empathy, integrity and responsibility/accountability.

The day was a great success starting with an all school walk that encompassed two miles of Lake Forest and Lake Bluff. All faculty, staff and students received a royal blue t- shirt with the student designed emotional wellness logo. At the end of the walk, the students lined the front drive and clapped as the senior class and retiring teachers finished the walk.

Thanks to Sunset Foods and Dean Foods, everyone enjoyed an ice cream treat at the end of the walk. The celebration continued on to the front lawn as bands played and everyone had some old fashioned fun with carnival games and bungee run, Frisbees and treats of popcorn and the crowd favorite—cotton candy!

It was a celebration of our community and we would like to thank the APT committee that worked very hard to plan the event along with the administration: Leeni Ellis, Donna LaVitola, Sally Burns, Tracy Tolmie, Patti Scribner, Sharon Terry, Paula Doyle, Margo Thomas, Diana Wetterman, Peggy Talbot, Joy Gibson, Elaine Slayton, and Mary Kay Jaekel.

We would also like to thank all the APT Volunteers who were critical to the success of the day. They arrived early and helped with set up and prep work, they lined the walk to ensure safety and order of the walkers, they ran the games and treat stations and helped to clean up. They were a tremendous help and we are so appreciative of their contribution. Thanks to : Arleen Coates, Julie Eckert, Susan Graves, Tracy Krebs, Liz Leutwiler, Ruth Muscarello, Marianne Stride, Susan Wagemann, Susie Faucher, Chrystal Gannon, Linda Ganshirt, Anne McCoy, Julie Palella, Barbara Pereira, Mary Yoo, Wndy Broughton, Patty Charhut, Cati Christensen, Francesca Connell, Sharon Durrett, Rina DuToit, Kristi Finley, Lorraine Freedman, Geri Gallassini, Pat Gregory, Lynne Grenier, Julia Howard, Ana Kapoor Terri Karst, Kirsten Kohlmeyer, Barbara laFasto, Sarah Lamphere, Cristina Lowe, Cecily Lynch, Mary Mays, Sue Porter, Eileen Reinert, Jan Richman, Kim Schineller, Joan Shannahan, Jackie Nowlin, Sue Wagener, Sheila Cavalaris, Magdalena Wesolowski, Barbara Ankenman. Germaine Arson, Susie Athenson, Palma DiSano, Julie Ehrens, Barb Kesman, Susan Layton, Michele Medzigian, Janice Saltzman, Justine Santello, Janet Spiegel, monica Wadhwa, Sherry Amos, Katie Begley, Mary Flagstad, Janet Hughes, marcy Kerr Lisa McGavock, Liz Moore, Pam Salm, Jill Moutvic, Patti Frain, Susan Simms, Trish Havrin, Monica Barrie, and Betty Frank Bailey.

It was a special day and wonderful memories for all involved!!