

Stress Less Day

2025

For the past few years, students have looked forward to Stress Less Day at Sauquoit High School. Stress Less Day is a day where students get a break from their typical school day to participate in fun activities of their choice with their peers. The idea behind this day is to provide a stress-free day where students are off their electronics and socializing with peers and maybe even make a new friend.

This year, some new activities were introduced including nail art, breakfast sandwiches, and rugby. Student favorites like Backyard BBQ, slime, and video games remained!

This day comes only once a year, but the positive energy and excitement generated by students and staff seems to last much longer.

Of course, a day as involved as Stress Less Day could not happen without the hard work both behind the scenes and the day of. A special thank you to our dedicated staff, maintenance and custodial staff, and the sponsors that help fund these activities. We couldn't do this without you!









