

Washington Latin - Wellness Day, Wednesday December 8, 2021 - Upper School Sessions

| Session Name | Session Leader | Session Description | Time | Location |
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| Showman Farm Experience | Laurel Seid, Brian Hotchkiss, and Aaron Baum | Depending upon the weather, students can return to the farm for a day filled with the Great Pyrenees puppies, Samwise and Mr Tumnus, the Southdown Babydoll lambs, Eva and Eddie, the field sheep Cutie, Shaun and Timmy, and ducks and chickens and Buddy, the Rooster. On tap for this adventure is more fence building in the big pasture to get ready for the spring when Shaun and Cutie's baby should arrive. This is a day-long adventure in which you will leave the school at 8:00 a.m. for Sharpsburg, MD and return by 3 p.m. Lunch provided. | 8:00 a.m. departure from school, returning 3:00 p.m. | The Showman Farm in Sharpsburg, MD |
| Hiking at Great Falls | Adam Keller | The Billy Goat trail at Great Falls is an amazing local day hike along the Mather Gorge on the Maryland side of the Potomac. It traverses the exposed rocks above the white water rapids of the Potomac's Mather Gorge. Strap on your boots, grab some water, and a lunch to join Mr Keller for a day hike and scramble along the Billy Goat trail. Enjoy the wildlife, natural history, and camaraderie as we complete this strenuous hike. (counts for 2 sessions) | meet at 8:30 at school and return in the afternoon after the hike around 3:00 or 3:30 | At the Billy goat trail at Great Falls, MD |
| Hike in Patuxent River Park | John Stiff and Carl Hultgren | If your idea of wellness includes getting just a bit out of the city and spending some time in the woods, come for a hike in Patuxent River Park. We'll take a four-mile hike through the forest, including some views of Maryland's largest freshwater tidal wetland, and will end at a replica of an Eastern Woodland Native American village. Fresh air, a walk in the natural world in its December sleep, a glimpse into indigenous life, and the company of your friends are the main draws here. We'll meet at Latin at 11 am, drive in a Latin van to the park 50 minutes away, and be back no later than 4 pm. Due to the length of this session, you do not need to attend another Wellness Day session if you join this hike. | 11:00am to 4:00pm in person | Meet at school at 11:00am sharp. Hike will be at Patuxent River Park |
| Lovers Rock: A Film by Steve McQueen | Nathan Day | Rock is a powerful depiction of Black joy, Black resistance to oppression, and Black culture. The title refers to romantic music that mixes R&B themes and harmonies with reggae beats, popular in the late 1970s and early 1980s. The film tells the story of a West London house party in 1980, starting with the pre-party sound setup and cooking, and ending as one of the main characters returns home. It's not a traditional film with conversations and action staged before a stationary camera -- it's filmed in a documentary style with a roving camera, as if the audience is actually at the party, drifting from room to room and scene to scene -- at least until the two main characters leave together. So: if being at a 1980 London Afro-Caribbean house party will improve your wellness, come watch with us! Fair warning: there is ample adult content in this film -- sexuality, alcohol and marijuana consumption, swearing, one incident of sexual harassment verging on assault, violence (not a lot of violence), and racism. The film is the second of five episodes in Steve McQueen's Small Axe series, which is set in the Afro-Caribbean communities he grew up in on the west and south sides of London in the 60s, 70s, and 80s. Please come prepared to watch quietly, so we can all listen to the music of the party. We will keep the subtitles on to follow the dialogue (the characters speak in an Afro-Caribbean creole), and talk for a little while afterwards. Bring your lunch to eat during the film -- though if we get organized in advance, maybe we can order from Andrene's (Caribbean restaurant on 3rd and Kennedy). | Room 015 at school | 11:00am in person |

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| Ice Skating | Alexander Porcelli | Like to skate? Want to learn to skate? Join us! Take a 20 minute lesson and enjoy a free ice skating opening at Fort Dupont Ice Arena. For more information, learn about the option here: https://www.fdia.org/?team=schools-skate-for-fitness What's Included: Safety orientation & Skate lacing session; 25 minute skating lesson w/professional skating instructor; 25 minute freeskate; Rental skates, gloves & helmets! | 12:15 departure from Latin | Fort Dupont Ice Arena 3779 Ely Pl SE, Washington, DC 20019 |
| Disc Golf | Tom Yonker | Come join Mr. Yonker for a round of disc golf. No experience or equipment is necessary - just show up dressed for the weather, and wear shoes you don't mind getting dirty. We will meet at Calvert Road Park Disc Golf (Campus Dr, College Park, MD 20740) at 1pm. Plan to be picked up around 2:30pm. Please note that you are responsible for your own transportation, and that Latin faculty need to leave at 2:30pm and should not be expected to wait for you to be picked up. We will not play if it is raining. | 1:00pm in person | Calvert Road Park Disc Golf Course, Campus Dr, College Park, MD 20740 |
| Tea and Origami | Jennifer Abercrombie and Nathan Day | Come to the library for a cup of tea or hot chocolate and a relaxing session of origami paper folding. All experience levels are welcome. We will fold modular stars and snowflakes in recognition of the changing season, but keep the cold weather at bay with our warm beverages. | 1:00pm in person | Latin's Library |
| Origami | Jennifer Abercrombie and Nathan Day | This session is for anyone who is interested in origami, the Japanese art of paper folding. We will teach models in a variety of levels from easy to more advanced, so all are welcome regardless of previous experience. | 1:00-2:00pm | Room 015 at Latin |
| National Gallery and Trains! | Bill Clausen | Come walk around and look at some beautiful and amazing paintings! Humans are the only animals that do this odd thing. Tap into your humanity and enjoy this lovely museum. And THEN we'll walk on over to the model trains at the Botanic Gardens. | 1:00pm in person | National Gallery of Art |
| LEGO Masters | Emily Raskin | Build a city! Create a minifigure fashion show! Create a new kind of flying aircraft! Do you remember spending hours just playing and building with LEGO bricks? Ignore your school stress and recreate that time of imaginative play as a high school student. Join us for a fun time of building tall towers and them smashing them to bits with the toy monster you have created. No experience necessary. LEGO bricks will be provided, but you are welcome to bring your favorite minifigures to help! | 1:00pm in person | Room 217 at school |
| Brazilian Jiu Jitsu | Corey Martin | Where: Latin PCS in the MPR When: 1:00-2:30pm Who: Vaccinated students who are interesting in martial arts. No experience or athletic ability necessary. Why: Brazilian Jiu Jitsu is fun. Exercise is good. Knowing how to defend yourself is pretty sweet too. | 1:00pm in person | Latin's MPR |
| Downtown Holiday Market | Kira McBride | Want to get in the spirit for the holidays? Look no further than the Downtown Holiday Market at Penn Quarter. As a group we will wander around the market and enjoy the anticipation inherent in each Christmas season! Participants need to find their own transportation to and from this location. | 1:00pm in person | F Street NW between 7th and 9th streets NW. Entrance is outside the National Portrait Gallery and the Smithsonian American Art Museum. |

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| Lunch at Union Market (with optional bike ride) | Luke Edwards-Stuart, Lawrence Liu, Mike Evans | Meet up and enjoy a nice lunch at Union Market from 1 pm - 2 pm! Either meet us there or bike there from school (leaving school at 12.30 pm). If biking back to school, we will be back by 2.30 pm. Bring money for lunch. | 1:00pm in person | Union Market (or parking lot if biking) |
| Cookie decorating | Gabrielle Dreux | Show off your art skills by decorating cookies, listening to music, and drinking hot chocolate! | 1:00pm in person | Room 112 at school |
| Indoor Soccer - Futsal | Gabrielle Dreux | We will play futsal in the Latin gym. The session is coed and open to all levels of players. | 1:00pm in person | Latin's Gym |
| Weight Training | Rickey Torrence | We will spend an hour doing pullups, squats, bench press, bicep and leg curls, dips and situps. | 2:00pm in person | Latin's Weight Room |
| Kickball | Parag Bhuva | Come one, come all! Let's play the classic backyard game of Kickball! | 2:00pm in person | Latin's Field |
| Dog Tricks! | Sam Spiegel | Do you love dogs? Do you have a dog? Would you like to teach your dog a new trick or two? Participants with dogs will first show off any tricks their dog can do before learning a couple more! Please bring some delicious treats to motivate your pup (and/or their favorite toy). If you don't have a dog, please enjoy your peers' pups do tricks! | 9:00am on Zoom | Zoom |
| Become (or remain) a cruciverbalist! | Karen Lambert | ...that is, a lover of crossword puzzles! " There are days when solving puzzles feels like a practice, the next best thing to seated meditation. When beautifully executed, a crossword can bring about the same response as a work of art." --FROM SQUARE ONE: A MEDITATION, WITH DIGRESSIONS, ON CROSSWORDS BY DEAN OLSHER Solving crossword puzzles is of course great fun, but did you know that it is not just a source of fun--solving puzzles is such an immersive experience that it also encourages a mindful, meditative state which is beneficial for the brain and induces calm. Spend this 45-minute Zoom wellness session solving as many puzzles as you can in the session time. (Note: students will either need to stop by Ms. Lambert's room on Tuesday to pick up the puzzles or be able to print them out at home via emailed PDFs.) This 45-minute Zoom session will start at 10 a.m. | 9:00am on Zoom | Zoom |
| Mindful Photography of a Meaningful Object | Danielle Feist | No prerequisites needed. We'll use the cameras on our cell phone to take a mindful walk just around our own room, apartment, or outdoor space. Today's theme will be incorporating 1 meaningful object. We'll take our time noticing our breath, our footsteps on the ground, and the environment around us. We'll Zoom together, then have 10 minutes to photograph off line, then Zoom together again and have the option of sharing our favorite photo captured from the photo walk. | 9:00am on Zoom | Zoom |

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| Tidying Up | Elaina Barroso | Ever watch Marie Kondo fold a shirt? AMAZING. There is a certain mindfulness to it. And afterwards, there's this feeling of contentment. We're often able to think clearer when the space around us is more organized. So, in this Zoom session, we'll clean and/or organize our spaces together. Maybe it's cleaning your room, organizing your things, or rearranging your closet. Whatever the space, they'll be a noticeable before and after difference! | 9:00am on Zoom | Zoom |
| Zoom Pet Show and Tell | Ben Vernarsky | Is there any important animal in your life that helps keep you sane? Don't be selfish by keeping your furry or scaly critter all to yourself! Share the love. Come to my Zoom prepared with a bit of background information and maybe even a short anecdote about your pet. Sharing a photo or video is fine but bonus points if you can get them on camera during the Zoom. What better way to start the day? Looking forward to seeing all of you and your animal companions. | 10:00am on Zoom | Zoom |
| Letter and Card Writing | Kara Brady | When has it ever been a bad thing to write someone you miss or have been thinking of a kind note to say so? Never. Come join me in writing to those near, far, and anywhere in between. Let's share some love. Bring paper, a writing utensil, an envelope, and a stamp. Or don't bring a stamp. We'll find one later if that's your hold up! Join me in spreading love. If you need supplies beforehand, please reach out to Ms. Brady and we can plan a pick up of materials at school for you. Come zen out to some soft tunes with Ms. Brady and write to people you love and miss! | 10:00am on Zoom | Zoom |
| Anime Discussion | Christy Colt | Anime Club leader calls anyone who is interested in Anime and would like to discuss why their Animes are the best and settle famous debates in the Anime community (is one piece too long?, is 7DS bad or is it just the animation?) | 10:00am on Zoom | Zoom |
| Self Care, Meditation and Journaling | Anna Laura Grant | Join Ms. Grant in taking care of yourself! Do a grounding meditation and then spend some time journaling while listening to music. Sometimes the best thing you can do to take care of yourself is to just be with yourself and practice peace! | 10:00am on Zoom | Zoom |
| Demystifying the House Buying Process | Lydia Chernitsky Hamd | Are you curious about how to buy a house and don't know how to start with your research? Interested in learning how to budget to reach a goal of buying a house one day maybe soon? This session is for you! All about the home buying process, we will break down the steps involved in buying a house and get a peak into the real costs one might expect when preparing to buy a house. We'll be learning these steps via Powerpoint and discussion. You'll leave this session with a broken down, step-by-step understanding of the hoops you have to jump through in order to buy a house. | 10:00am on Zoom | Zoom |
| Cozy coloring time | Screena Hamm | We will sit and enjoy the therapeutic and stress relieving coloring process. Bring your materials and maybe a snack and a beverage! | 10:00am on Zoom | Zoom |
| A Day in the Life at College | Marisa De Silva and Carla Gott | Join this session to learn about the undergraduate and graduate experience at colleges and universities from the perspectives of two teachers who recently graduated from undergraduate college and are currently participating in a graduate school program. We will talk about choosing courses, majors, clubs, and extracurricular activities, and answer any other questions you have about the college experience. | 10:00am on Zoom | Zoom |

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| Zumba Dance Fitness | Kena Allison | Do an hour long Zumba class. Have fun and get a workout | 10:00am on Zoom | Zoom |
| Video Games | Tiffany Austin | For this Wellness Day activity, we will meet at Mrs. Austin's zoom at 11am to play online games such as Skribbl.io and Werewolf. You can expect to take part in competitive tournaments where your artistic skills will be pitted against your classmates in this online version of pictionary. If time, we will also play Werewolf. Werewolf is an online "who-done-it" game where players try to identify the illusive werewolf that is descending terror among the lowly townspeople. | 11:00am on Zoom | Zoom |
| Cook Chinese food (Kung Pao Chicken) | Xiaoming Han | Join Ms. Han to learn how to cook Chinese style Kung Pao Chicken on zoom. Then enjoy the healthy food that you made for lunch! We will start with doing some physical and eye exercise to relieve the stress from your learning. | 11:00am on Zoom | Zoom |
| Homemade pizza making! | Joyce Hamd | It's Friday night! Woo hoo! That means pizza! And pizza means either a lot of money or a very unhealthy meal or both, unless you come to Ms. Hamd's pizza making demo, where you can learn how to make your own healthy, delicious and inexpensive pizza. Plus, you can learn how to make your own bread with the leftover dough! You will need a large bowl, hot water, yeast (any kind is fine) sugar, flour, salt, grated cheese (mozzarella and parmesan are good) tomato paste or sauce, oregano and garlic powder, and whatever toppings you like! To bake the pizza you can use a specific pizza pan, or a cookie sheet, or any kind of metal baking dish, or a pizza stone. | 11:00am on Zoom | Zoom |
| Face Masks & Chill | Meg Kovach | If we do not practice basic self-care, we may quite simply burn out. Join me via Zoom for an hour of self-care! We will put our feet up, throw on a face-mask and relax to the sounds of soothing music. Come pick up self-care goodies (face masks included!) from Ms. Kovach on Tuesday to use during our hour together. | 11:00am on Zoom | Zoom |
| Healthy Relationships and Setting Boundaries | Dayla Tucker and Avant Griffith | When you hear the term relationship what do you think? If the cute boy / girl in your history class comes to mind then this group is for you. However, that is not the only relationship that matters. Everyday you interact with faculty, friends, and family. Join Ms. Griffith and Ms. Tucker virtually at 11:00 am to talk about how to maintain healthy relationships, and set boundaries with the people in your life. | 11:00am on Zoom | Zoom |