

Washington Latin - Wellness Day, Wednesday March 9, 2022 - Upper School Sessions

Session Name	Session Leader	Session Description	Time	Location
Skiing (boarding) at Whitetail	Chris Richardson	Take the day to hit the slopes, at Whitetail in Mercersburg, Pennsylvania. We will leave school at 7:30 and return around 6:00. You will be responsible for your own gear, lift ticket, and food, but we will travel together in the Latin bus. If you wish to go, you will need to get a permission form filled out by a parent. The first 13 students to sign up will get to participate!	7:30am - 6:00pm	In person - Whitetail Ski Resort
A Day at a Working Farm	Laurel Seid	Spend a day completing projects, like fence mending and building, light painting, at a working farm in Sharpsburg, MD... there are 7-month-old Great Pyrenees puppies, Samwise and Mr Tumnus, sheep (and hopefully a lamb), chickens and a great little duck named Nona Ducklas. You will have a wonderful home-cooked lunch. The first 13 students to sign up will get to participate!	8:00am - 4:00pm	In person - Farm in Sharpsburg, Maryland
Trip to Black Lives Matter Plaza	Rickey Torrence	Have you been to BLM Plaza? Feel free to join BLM Club for a brief trip there for photos and discussion. Limited spots on the van!	12:00pm - 2:00pm	In person - BLM Plaza
Rock Creek Park Hike/Tree Exploration	Carl Hultgren & John Stiff	If your idea of wellness has something to do with walking through the woods and exploring the natural world, this might be the session for you. We'll take a 2.5 mile loop through Rock Creek Park, and as we walk we'll get to know the trees that make up our local forest, identifying as many as we can by bud and bark patterns. The draw here is time in the great outdoors with your friends and building your wildlife skills by identifying the black cherry (poisonous!), spice bush (edible!), beech, mountain laurel, hickory, hemlock, sycamore, boxelder, poplar, varieties of maple, oak, and pine, etc. The glory of trees! We'll meet at 12 pm at Equitation Field in RCP.	12:00pm - 2:30pm	In person - RCP
Kickball	Kena Allison	Kickball is a Latin Wellness Day Classic. Come out for the fun!	12:00pm - 1:00pm	In person - Softball Field at Latin
Cheerleading Team Bonding	Avant Griffith	Members of the cheerleading team will watch and movie and hang out as our team bonding event for the season.	12:00 pm - 1:30 pm	In person - Theater Room
Thrifting at Goodwill	Treshia Pettiford	Come thrifting with Ms. Pettiford at the Goodwill at 2200 South Dakota Avenue NE. If you need some inspiration, vibe with Mackelmore: https://www.youtube.com/watch?v=JlciLwVexkA .	12:00pm - 1:00pm	In person - Goodwill at 2200 South Dakota Avenue NE
Community Clean Up	Meg Kovach	"The best way to find yourself is to lose yourself in the service of others." These words from Mahatma Ghandi rings so true to my heart. Join me in cleaning up our community and the neighborhood around Latin. BONUS - Earn an hour of Community Service while we are at it!	12:00pm - 1:00pm	In person - Latin

D&D	Adam Keller	Dust off your unused characters, mini figurines, and 20 sided dice; or just join us on wellness day from Noon-2 pm and we can set you up with everything you need to play Dungeons and Dragons fifth edition. Adventure with Mr. Keller as he runs a low level campaign one-shot. We will spend time building charters (as needed) and introducing rules of D&D5e (as needed) before diving into a home-brew adventure designed for beginners and seasoned players alike.	12:00pm - 2:00pm	In person - Physics Room at Latin
Jams in Jammies	Melissa VerCammen	Feel free to show up in sweats / jammies (tho nothing inappropriate), and listen to some jams that make you feel some sort of way. Feel free to send in your favorite jams so we can listen to them as a group or feel free to not share and just listen :) All are welcome!	12:00pm - 1:00pm	In person - Latin Music Room
Ultimate Frisbee	Tom O'Brien & Ben Vernarsky	Come play some Ultimate Frisbee. Run around, have fun, and throw the disc around. All skill levels welcome. Bring cleats if you have them. Bring a dark shirt and a white shirt. Bring a water bottle. Bring a fun attitude.	12:30pm - 1:30pm	In person - Latin Field
Bike Ride to Gravelly Point	Luke Edwards-Stuart	Come watch the planes fly directly over your head! Did you know that you can bike from school to Gravelly Point (near Reagan airport) almost entirely on bike trails? It's 9 miles each way - join us for all or part of the ride! Leave school at 12.30 pm. You'll need a bike, your helmet, some healthy snacks and water to keep you moving, and a great spirit to enjoy this ride!	12:30pm - 3:00pm	In person - Meet at Latin
Disc Golf	Tom Yonker	Come join Mr. Yonker, and possibly Mr. Torrence 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 between 2:00pm and 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 - 2:30pm	In person - Calvert Road Park Disc Golf Course
Letter/Card Writing	Kara Brady	Join me to sit in the sun and write letters and cards to people near and far that you want to share your love and gratitude with. This is one of my favorite practices, and I'd love to share this time with you. I'll bring the supplies and stamps, so you just need to bring your lovely self!	1:00pm - 2:00pm	In person - Courtyard at Latin
Community Talk on Healthy Relationships	Gabrielle Dreux	Following the Healthy Relationships presentation with Dr. McFadgion, we will come together in person to provide a space for you to discuss healthy relationships, communication and boundaries in your own lives. We will also answer any questions you have about the presentation.	1:00pm - 2:00pm	In Person - Latin room 112
Board Games	Jennifer Abercrombie	Come to the library to play a board game or two with Mr. Lyon, Mr. Day, and/or Ms. Abercrombie. We'll have plenty of options to choose from--strategy, word-based, cards, quick and easy, longer and more strategizing. You may even discover a new favorite game.	1:00pm - 2:00pm	In person - Library at Latin
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 cool, too.	1:00pm - 2:30pm	In person - MPR @ Latin
National Gallery of Art	Bill Clausen	Come walk around a beautiful space, look at art, and wonder about life!	1:00pm - 3:00pm	In person - National Gallery of Art
Dog Walking to Fort Slocum Park!	Marisa De Silva & Carla Gott	Meet Ms. Gott and Ms. De Silva in at Latin and we'll head to Fort Slocum Park to go for a walk and meet our dogs (Zeus and Chubi). We will walk to and from the park with our dogs for about an hour (weather-permitting). Our dogs are excited to meet some new friends! *Note: students should not bring their own dogs to this event.	1:00pm - 2:00pm	In person - RCP

<p>Become (or remain) a cruciverbalist!</p>	<p>Karen Lambert</p>	<p>...that is, a lover of crossword puzzles!</p> <p>" 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</p> <p>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 9 a.m.</p>	<p>9:00am on Zoom</p>	<p>Zoom</p>
<p>Tidying Up</p>	<p>Elaina Barroso</p>	<p>Tidying Up is back! There is a certain mindfulness to cleaning or tidying. 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 backpack, or rearranging your closet. Whatever the space, there'll be a noticeable before and after difference!</p>	<p>9:00am on Zoom</p>	<p>Zoom</p>
<p>Make your own bread dough!</p>	<p>Joyce Hamd</p>	<p>It is often said that bread is the staff of life. Are you tired of paying so much for good bread? Are you concerned about the ingredients in the bread that you buy? Do you need a stress relieving activity? Come to Ms. Hamd's breadmaking Wellness Day zoom to learn how to make your own, very versatile, very inexpensive dough. This dough can be used for pizza, bread, cinnamon rolls...the list is endless!</p>	<p>9:00am on Zoom</p>	<p>Zoom</p>
<p>Bring Your Own Book Club</p>	<p>Sayaka Smith & Sereena Hamm</p>	<p>This is a book club with a twist! Instead of reading the same thing, why not get ideas for what you want to read next. Bring along something that you've enjoyed reading lately and feel free to share why. Maybe you're enjoying a YA novel, or learning how to cook, or reading about history. Come ready with a cup of tea to share your favorite read with others :)</p>	<p>9:00am on Zoom</p>	<p>Zoom</p>
<p>Gratitude Journaling</p>	<p>Gabrielle Dreux</p>	<p>Take time to write about the things you feel grateful for! It will be a relaxing and uplifting way to start your day!</p>	<p>9:00am on Zoom</p>	<p>Zoom</p>
<p>Baby Yoda's Natural History</p>	<p>Leonard Finkelman</p>	<p>Learn how scientists use comparative anatomy to reconstruct Earth's vanished worlds so that we can help Baby Yoda find its own home planet! Use Baby Yoda as an example to see how real-world scientists use the method of comparative anatomy to reconstruct Earth's vanished worlds and extinct species.</p>	<p>11:00am on Zoom</p>	<p>Zoom</p>

Chinese Fried Rice	Xiaoming Han	Join Ms. Han's kitchen to learn how to cook healthy Chinese fried rice (Yang Zhou style). After the session, you will master the skills of cooking Chinese fried rice and have a delicious dish to share with your families!!	11:00am on Zoom	Zoom
Online 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 or whatever online game you want to play with your friends. We will have Skribbl.io available for everyone but feel free to bring your own game that can be played with a group!	11:00am on Zoom	Zoom
Women's History Month Celebration	Christy Colt	Happy Women's History Month! Let's discuss Disney's Portrayal of Women: An Analysis of Female Villains together.	11:00am on Zoom	Zoom
Community Talk Session	Lawrence Liu	Following the Healthy Relationships presentation with Dr. McFadgion, we will come together to provide a space for you to discuss healthy relationships, communication and boundaries in your own lives. We will also answer any questions you have about the presentation.	11:00am on Zoom	Zoom
Community Session Talk	Emily Raskin	Following the Healthy Relationships presentation with Dr. McFadgion, we will come together to provide a space for you to discuss healthy relationships, communication and boundaries in your own lives. We will also answer any questions you have about the presentation.	11:00am on Zoom	Zoom