

Washington Latin - Wellness Day, Wednesday October 19, 2022 - Upper School Sessions

Session Name	Session Leader	Session Description	Time	Location
Celebrating History - Museum and Monument	Tamica Prue	We will visit the Museum of African American History and Culture and the MLK Memorial.	1:00 pm	In Person - AAMHC and MLK Memorial
Hispanic Heritage Month Celebration Movie - Into the Heights	Avant Griffith, Carla Gott, Nina Arroyo	Join Ms. Griffith, Ms. Gott, and Ms. Arroyo Santiago in watching Into The Heights in celebration of Hispanic Heritage Month. Into the Heights is a musical by Len Manuel Miranda that follows the main character Usnavi as he dreams of leaving his majority Latinx community in Washington Heights, New York to return to the Dominican Republic. Following the movie, we will discuss the importance of representation, especially in minority cinema. Snacks and soft drinks will be provided. We hope to see you there!	12:15 pm	In Person - Arabic Side of the Library
Pumpkin decorating!	Caroline Coleman	Join Ms. Coleman for some festive fall pumpkin decorating in the art room. You don't need to bring anything unless you have art supplies you'd like to use!	1:00 pm	In Person - Art Room - WLPCS
Toss a Frisbee	Ben Vernarsky	Do you want to enjoy the meditative and stress-reducing aspects of frisbee without all the sweating? Nice. Me too. So grab a disc and come out to the Latin field where we'll toss frisbees to each other for an hour without all that running that comes from ultimate.	1:00 pm	In Person - Campus Field
Rock Creek Park Hike	Brian Hotchkiss and Meg Kovach	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 loop through Rock Creek Park, and leave the bustle of civilization behind for a few hours. The draw here is time in the great outdoors with some good friends and some good conversation. We'll meet at 1:00 p.m. at Carter Barron Soccer Fields in RCP.	1:00 pm	In Person - Carter Barron Soccer Fields (1698 Kennedy St NW)
Thrift Shopping for Halloween!	Treshia Pettiford	Need some gear for your Halloween Costume? Or do you just like thrifting? Go shopping 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 .	12:00 -1:00 pm	In Person - Goodwill at 2200 South Dakota Avenue NE
Wingspan (the board game)	Nathan Day and Jennifer Abercrombie	If you like tabletop games, card games, or any games of strategy and chance, or quiet indoor activities, or the outdoors, or birds, this will be a great on-campus session for you. In the game Wingspan, players take on the role of a bird sanctuary manager, earning points by accumulating bird cards in their sanctuaries and meeting particular goals for different habitats and types of birds. In terms of game experience, it's a little like Pokemon (different birds with different needs and abilities) crossed with chess (long term thinking, considering multiple possible outcomes). If you have never played this game before, that's fine -- Mr. Day and Ms. Abercrombie will be ready to coach anyone who needs help through the experience and strategy.	1:00pm	In Person - Library at Latin

Hike in the Shenandoah Valley	John Stiff and Carl Hultgren	<p>Leave the city and all its cares truly behind: come join Mr. Hultgren and Mr. Stiff on a day trip out to Shenandoah National Park. If you love the outdoors, being in the woods in the early fall, taking in the view from the top of a mountain, dipping your feet (or more) in an icy mountain stream - or if you've never done those things and want to give them a try in the company of your friends, this might just be the Wellness Day trip for you.</p> <p>Details: This is a full day trip. It's a two hour drive out to Shenandoah, so we'll be taking a school van from Latin at 7 am and returning in the late afternoon/early evening. While no previous hiking/climbing experience is required, be prepared for some serious exercise as we climb to the top of a Shenandoah peak. There is a cap of 12 students for this trip, and you are not required to do a second Wellness Day session if you sign up for this option.</p>	7:00 am - 5:00pm	In Person - Meet at Latin at 7 am to drive out to Shenandoah National Park.
Bouldering at Burnt Mill	Adam Keller	Mountain Lions take to the rocks! Join Mr. Keller at the bouldering area at Burnt Mill to rock climb. Bouldering is rock climbing either horizontally or over short heights. We will explore the climbing area, tackle some low level climbs to warm up, and then pull out the guide and challenge ourselves. Mr. Keller will teach you how to spot each other and how to use the portable crashpad.	1:00 pm	In Person Burnt Mills East Special Park 10711 Columbia Pike, Silver Spring, MD 20901
Dog-Friendly Walk in the Park	James Kelly and Rickey Torrence	Bring your pups and join Mr. Kelly (and Daisy) for a walk at the National Arboretum. We will meet at 2pm at the R Street Gate and will walk the grounds until 3:30pm.	2:00 pm	In Person - National Arboretum
National Gallery of Art	Bill Clausen	A giant blue rooster, a da Vinci painting, and a beautiful space - come wander around the National Gallery! We will be together as group for the first part of the time, and then you will be able to explore on your own for the second part.	1:00 pm	In Person - National Gallery of Art (on the Mall)
The Doers Club	Corey Martin	Mr. Edwards-Stuart once shared the expression: If you want something done, ask a busy person. Have you ever wondered how busy people get so much done? Come to explore the concepts of executive functioning, especially time management and organization, together in a workshop with your peers. Snacks and hot beverages will be provided. Students may stick around for an optional curated in-school work space.	1:00 pm	In Person - On campus, room 211
Meet us at the Movies!	Danielle Feist and Liz Foley	Let's see a movie together at the movie theater! We'll be seeing " The Woman King " (PG-13) starring Viola Davis at the Alamo Drafthouse at 12:00 (noon). Take the metro to Rhode Island Ave and meet us at the theater. Hang out afterwards for a 30-minute discussion and free popcorn as we discuss elements of the film that were particularly powerful. What themes did you notice? What visuals do you remember? <i>You are not required to do a second Wellness Day session if you sign up for this option.</i>	12:00pm - 3:00pm	Alamo Drafthouse by Rhode Island Ave Metro
Word Puzzles	Julia Toews	Come and do Wordle, Quordle, Octordle, and the NYTimes Crossword Puzzle with Ms.Toews!	1:00pm	In Person - Room 019 at Latin
Arabic Music & Warm Drinks	Jacob Adams	Enjoy some Arab music with tea and coffee styles from the Arab world. No knowledge of Arabic is required!	1:00pm	In Person - Room 205 at Latin
Biking to Bladensburg	Terence Sheehan, Luke Edwards-Stuart, Lawrence Liu	We'll meet either at school at 12.00 pm or in Eastern Capitol Hill (RFK fields) at 12.45 pm and ride up the Anacostia Riverwalk Trail to Bladensburg Waterfront Park. Should be some great fall foliage by Kenilworth Aquatic Gardens! Bring your bike, a bag lunch to eat in Bladensburg, and a water bottle (or two)! It's a 10 mile round trip from RFK, and a 22 mile round trip from school, so we should be able to complete it in 90 minutes from RFK or 3 hours from school.	12:00 at Latin and 12:30 at Capitol Hill	In Person - Meet at School or on Capitol Hill

Yoga	Kara Brady	Feel the need to stretch and move your body, release some bodily and mental stress, and zen out a bit? Join Ms. Brady for a 45 minute yoga session.	12:00 pm	Latin - exact location TBD
Kira McBride	GVS Team Building	Girls Varsity Soccer Team: Come to school at 1 pm on Wednesday to watch a movie and enjoy lunch with the team! We will then go from here to our game together.	1:00pm	In Person - At Latin room 105
Become (or remain) a cruciverbalist!	Karen Lambert	<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."</p> <p>--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>	9:00am on Zoom	Zoom
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 take time to clean and 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!	9:00am on Zoom	Zoom
Comedy (and sweatpants) heals all	Melissa VerCammen	If you like the office and you like The Office or Parks and Rec and you like watching in your sweats, come hang out for two episodes in the music room. Bring a blanket, a snack, a beanbag, a pillow, a cup of coffee or tea. It'll be a lovely time to just enjoy some comedy while being comfortable :)	9:00am on Zoom	Zoom
Let's Color!	Screena Hamm	Gather cozy things and some crayons, colored pencils, markers or your favorite drawing app. Let's color together! We will be on Zoom.	10:00am on Zoom	Zoom
Vegan Mac and Cheese!	Parag Bhuvu	Come make Tabitha Brown's Vegan Mac and Cheese online with Mr. Bhuvu! It's super simple and delicious!	11:00am on Zoom	Zoom

Miniature Figure Painting and Customization Tutorial	Leonard Finkelman and Stillman Bruhier	Learn how to modify and paint models, tabletop miniatures, and action figures. Session covers sculpting, paint washes, and dry-brushing techniques.	10:00am on Zoom	Zoom
Senior Year and Self-Care	Sayaka Smith, Jazmyne Keane, Avant Griffith	This session is for seniors only and is all about self-care! Join Ms. Keane (counselor), Ms. Griffith (counselor/Latin alum) and Ms. Smith (college counselor) for an interactive session with anonymous participation options. We will do some myth busting about life after high school, practice relaxation techniques, discuss the different ways we can take care of ourselves, and provide a space to share what's on our minds for the last year of high school.	10:00am on Zoom	Zoom
Music Appreciation	Liam Goff and Khallid Love	Sit back, relax, and enjoy the vibes...turn your Zoom room into a lounge where you can enjoy the musical contributions that your peers provide, and bring a song of your choosing to share and discuss. In this session, we will take turns sharing a song from any genre of music, listening to it, and engaging in reflective discussions about how it makes us feel, its themes, or other thoughts it might stir within us. Come ready with an open mind, judgement-free listening ears, and a willingness to listen to music in a reflective, chill space.	11:00am on Zoom	Zoom
Relax and Learn to Knit	Julie Day	Have you noticed Ms. Day knitting a colorful pink-and-purple scarf in the hallways? Did it make you think, 'man, I wish I could knit' ? If so, here is your chance! Join me on Zoom to get a lesson in the basics of knitting, and get started on making your own scarf! **Come to Room 117 to get a knitting 'care package' from Ms. Day before Wellness Day. It will have all the supplies you need.	11:00am on Zoom	Zoom
At Home Scavenger Hunt	Kena Allison	You must be willing to turn your camera on and talk for this session! We will complete TWO scavenger hunts- one in teams and one individually. This will be a fun way to get to know other students and win prizes!	10:00am on Zoom	Zoom
Letter Writing	Gabrielle Dreux	When's the last time you wrote a letter to someone by hand? When's the last time you received a hand written letter? In this session we will take the time to write a letter to someone you care about to express love, gratitude or appreciation to someone in your life.	9:00am on Zoom	Zoom
Anime Discussion	Christine 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
Cozy Silent Read	GraceAnne Woods	BYOBB (Bring your own book and blanket) to zoom for a nice cozy silent read. It will be a great quiet space to get caught up on your pleasure book/other readings you enjoy.	9:00am on Zoom	Zoom
Formula 1 Racing	Sander Porcelli	Come learn about one of the world's most popular sports, formula 1 racing. The 75 year old championship visits 23 locations on 4 continents and has 20 of the world's best drivers. We'll discuss the cars, the teams, the engineering, the drivers as well as the symbolism and importance of this sport. The session welcomes newcomers as well as f1 addicts.	10:00am on Google Meet	Google Meet

Making Homemade Pizza!	Joyce Hamd	Ready to make your own pizza? Want to wow your friends and family with your expertise? Come to Ms. Hamd's homemade pizza wellness zoom! You will learn how to make delicious homemade vegetarian (and cheap!) pizza. Ingredients and tools list will be emailed.	11:00am on Zoom	Zoom
Stir fry Shrimp Tofu Broccoli	Xiaoming Han	Join Ms.Han's kitchen to learn how to cook healthy green Shrimp Tofu Broccoli. You will start the session with body stretches, then follow the instructions to make it step by step. After the session, you will master how to cook the easy stir fry dish and enjoy the dish with your families!!	11:00am on Google Meet	Google Meet
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. 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