

MS54 Wellness Meeting Summary

May 21, 2021 @ 7:30 AM

Attendance

Laura Adams, PTA Co-President

Dr. Elana Elster, Principal

Alison Gardy, Wellness Chair (Lead)

Maggie Weinreb, Math Faculty

Agenda

- I. Student Socialization -- One Lunch
- II. Student Emotional and Social Wellbeing -- Workshop on Techniques to Relieve Anxiety
- III. Using School Grounds for Outdoor Learning
- IV. Next Steps

Summary

Check-in

During our check-in, we each shared experiences that made us feel well, relaxed, and happy over the past month. Laura's new puppy and Ms. Weinreb's cozy dog companion brought joy to our meeting.

- I. Student Socialization -- One Lunch Program Realized!
 - A. Dr. Elster, Anne McIntosh Pejovich, and 6th grade teachers orchestrated the first One Lunch event to help 6th graders meet and socialize on Thursday, May 20!
 - B. 65 students involved!
 - C. Students were separated by sections, so a lot of them knew each other.
 - D. There were icebreakers, conversation starters in a pack of cards.
 - E. Dr. Elster said she had to "put on her Principal's hat" at the lunch to really encourage students to socialize with people beyond familiar friends.
 - F. A success, some hard work, and worth the effort.
 - G. The lunches will continue until all of the 6th grade is covered (June 10).
 - H. For the remainder of June, One Lunches will happen for 7th and 8th Graders
- II. Student Emotional and Social Wellbeing -- Workshop on Techniques to Relieve Anxiety
 - A. Ms. Weinreb and MS54 parent alum Dr. Vijayeta Sinh are in communication about a workshop on techniques to relieve anxiety for students. They are in the process of finding a date in June and deciding whether to have two sessions or one. [The session was held June 11.]
- III. Using School Grounds for Activities

- A. Though the play yard and field have been under construction, MS54 has used its grounds this year for outdoor activities:
 - 1. Science classes have been drawing planets + molecular models
 - 2. Ms. Kricorian's art class sketched the cherry blossoms
 - 3. Students seemed glad to be outside and in the courtyard

IV. Next Steps

- A. Alison is open to any and all ideas for Summer Wellness activities and ideas for the Fall.
- B. We agreed to think about what we tried this year, what worked, and what we want to carry over into the next year.
- C. The food drive was a huge success, lasting from June 2020 through June 2021. We fed 40 families who felt the love and caring of the whole community. We need to decide what to do this summer as MS54 will be closed.