

ST. MARY INTERPAROCHIAL SCHOOL  
IN PARTNERSHIP WITH  
THOMAS JEFFERSON UNIVERSITY

# Wellness Day

FRIDAY, FEBRUARY 3, 2023

St. Mary Interparochial School, in partnership with Thomas Jefferson University, is excited to host our first-ever Wellness Day! On this day, students in grades 1-8 will participate in a variety of **health and wellness modules led by St. Mary staff and Thomas Jefferson University students**, including a spiritual guided meditation at Old St. Joseph's Church, led by Father Holland, and time to enjoy the outdoors in the gardens surrounding our school. This day was primarily **shaped by St. Mary student focus group responses** on how they would like to improve their day-to-day wellness. Our Kindergarten Students participate in their own Wellness Day activities. More details to follow. Please see below for descriptions of our grades 1-8 Wellness Day Modules.

## Health & Nutrition

"Good in — good out" - Your body does so much for you each day! Learn strategies to care for your physical health and show your body kindness.

*Instructors: Salena Tarnawski and Kate Glysing-Jensen*

## Stress & Anxiety

"Catching the Monkey Mind" - Learn about how stress affects your body and your mind and practice techniques for identifying and reducing worries.

*Instructors: Zumana Noor, Juli MacGregor, and Ryan Gilchrist*

## Healthy Communication

"Making Friends — Keeping Friends" - Learn strategies for initiating conversations, being mindful of people's feelings, and showing both respect and appreciation for others.

*Instructors: Dale Michaels and Jenna Rieder*

## Yoga & Meditation

"Linking Breath and Movement" - participate in yoga and meditation activities that will build physical strength and focus your mind.

*Instructor: Jamie Cross*



**Jefferson**  
Thomas Jefferson University  
HOME OF SIDNEY KIMMEL MEDICAL COLLEGE