

WELLNESS

The Official "Wellness Wednesday" Newsletter



Photo Credit: 2D Art Kritzer by Cristina Miranda

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by Suzanne Caines, HS English Teacher

Dear Aviator Family,

We know this is a tough time for students--and a tough time for families. We also know that online school can be stressful and that many families are facing unprecedented challenges. We really want to help.

In addition to being flexible and responsive to our students' individual academic needs, we also want to share strategies and tools to help our students stay healthy and hopeful during this challenging time.

We think meditation is one such tool. For the past few years, as part of our school-wide wellness initiative, a number of teachers and coaches have introduced meditation in their academic classrooms and with their teams. Many of our students have found that doing a short simple meditation before they start learning can help them to focus better, feel more relaxed and confident and also to feel less stress and anxiety.

What better time to remind our students of this easy practice?!

In the student's corner section of this flyer, senior, Gianna Martinez leads us through a short simple 2-minute meditation, similar to the one she did each day in her English class. This is a simple activity which can easily be done at home, at any time. Many students have found it to be tremendously beneficial.

If you want more information about meditation and mindfulness and its uses in educational settings, you will find it in the Additional Resources section of this newsletter.

INTRODUCTION TO MINDFULNESS AND MEDITATION

What is Mindfulness?

Simply put, Mindfulness is the act of being completely present and aware. Mindfulness techniques--like MEDITATION--are premised on the idea that the mind and body are connected and that optimal performance (in almost all areas) is achieved when people recognize and nurture this connection.

What are the benefits to us?

1. Many students find that when they are able to “quiet” their minds, through meditation; this seems to improve their ability to focus and concentrate.
2. When done effectively, meditation can “calm” the central nervous system, and help students to relax and feel less stress and anxiety.
3. When students feel more focused and relaxed, they feel like they have more control over their emotions and their behavior.
4. Improved emotional regulation helps students to engage more effectively with their school work, their peers, their teachers, their parents, their coaches etc.
5. Many students report feeling an increase in understanding, empathy and curiosity as a result of participating in regular meditations.

Additional Information

Harvard Study - Meditation Reduces Stress and Change your Mind.

An article by Hasbrouck Heights teacher, Suzanne Caines

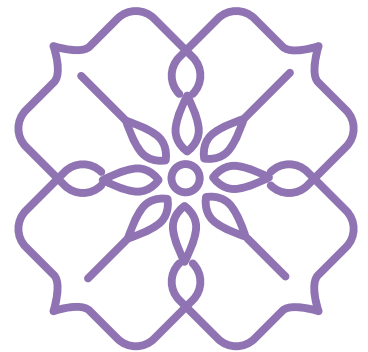
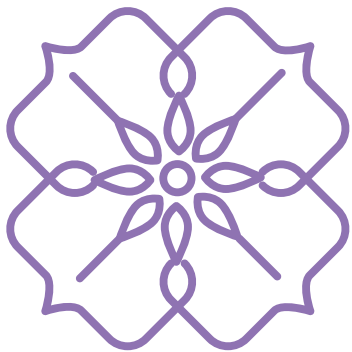
COUNSELOR'S CORNER WITH MERRILL BARONE



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Ms. Barbone - Meditation

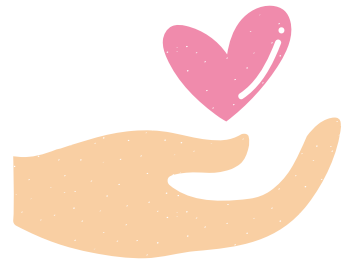
STUDENT'S CORNER WITH GIANNA MARTINEZ



[Click Here](#)

Gianna Martinez - Virtual Meditation

Wellness Corner



Click Here

Bernstein's Wellness Class

Guest appearance by Catherine King

Resources

- [COVID 19 Community Resource Spreadsheet](#)
- [SNAP Assistance during Coronavirus](#)
- [12 minute Sleep Yoga \(Perfect for Beginners\): Yoga with Adrienne: 12 Minute Sleep Yoga](#)
- [Guided Sleep Meditation to help put you to sleep: Bedtime Zen: Guided Sleep Meditation](#)

School Information

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