

# "BODY, MIND & SOUL"

## HEALTH and WELLNESS WEEK 2024

Mental health is essential for children's wellbeing. A positive attitude and a positive perspective help children think clearly, grow socially, and acquire new skills. These skills, along with solid social support from peers and adults, are crucial for helping children build self-confidence, high self-esteem, and a healthy outlook on life. Consistent with our theme, we have chosen activities and programs that foster a healthy mind, body, and soul.

Since health and wellness are the foundation for success, we will continue to grow this program. This year, the Health and Wellness Committee has joined forces with the Manhasset Coalition Against Substance Abuse (CASA) and the Manhasset Parent Association For Special Education (PASE) whose support, time, and effort are truly appreciated.

### DAILY THEMES

**Vision Board Monday**  
**Kindness Tuesday**  
**"I Wish..." Wednesday**  
**Reflective Thursday**  
**Fun Fact Friday**

In addition, there will be a special assembly at each school sponsored by CASA.

We are very grateful to the people who made this week possible. A special thanks to Christine Raffo, Director of Physical Education, Chad Altman, MP Principal, Jessica Zimmer, SR Principal, Teri Ann Quinlan, MP SCA President, Laura Matina, SR SCA President, and to the teachers and staff for implementing the lessons in their classrooms.

Our teachers and staff look forward to celebrating Health and Wellness Week. As always, we hope to inspire our children to maintain good eating habits, encourage healthy movement, and support stress and anxiety management. We encourage you to ask your children as they come home each day about the theme they learned about and how it made them feel.

Please see the attached document for links to various wellness resources. We are grateful for the positive feedback from the teachers, parents, and students who enjoyed last year's Health and Wellness Week and we have worked hard to make this year's week even better. Please feel free to provide feedback on the activities of the week.

Thank you for your continued support!  
Your Health and Wellness Team:

Penney Morash, MP Health and Wellness Chair  
Christina Van Houten, MP Health and Wellness Co-Chair  
Sylvia Arora, SR Health and Wellness Chair  
Laura Maurischat, SR Health and Wellness Co-Chair  
Jillian Graziano, Health Teacher  
Connie Bruno, CASA  
Raveena Jagwani, PASE



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