

Good morning,

I am excited to announce that next Wednesday, October 20, will be our first SEMinar day of the year. Each SEMinar day is dedicated to a theme that allows students to be exposed to relevant topics unrelated to the school curriculum. The day is spent attending a variety of sessions hosted by outside presenters, faculty or students.

Wednesday's SEMinar theme is a Wellness Retreat focused on improving our health and well-being. There will be six sessions that students will rotate through over the course of the day; each session focused on wellness through the lens of relaxation, connection or education.

**Students will have a late start that day; arriving by 9:50 for morning meeting.** If you need to have your daughter arrive at 7:50, that is fine. In that case please notify the main office via email or by phone. If your child takes the bus, please let your driver know that she will not be taking the bus that morning but will be on it in the afternoon. School will end at its usual time of 3:30. Students will rotate through the sessions with their advisory class.

Students should wear athletic wear (yoga pants, comfortable tops) and bring a yoga mat if they have one.

Further information regarding the sessions and rotation follows below.

We are looking forward to the day and hope our girls find it informative and enjoyable.

Please contact me if you have any questions.

Kind regards,  
Amanda Melsby, Dean of Teaching and Learning

### **Sessions and Rotation**

Students will travel with their advisories as a group as they rotate through sessions. When your group is in a 30 minute session, you will switch to the other 30 minute session at the end of the 30 minutes.

For example, Group D BLUE will start with Breathing and Meditation and then move to the Stress Reduction Techniques session. Group D RED will start with Stress Reduction Techniques and then switch to Breathing and Meditation.

<b>Group A</b>	<b>Group B</b>	<b>Group C</b>	<b>Group D</b>
Ms. Wright (9) Ms. Basile/Ms. Lyons (9) Dr. Geotz (10) Ms. Heaps (11) Dr. Durkin (11) Ms. Cunningham (12) Ms. Drozd (12)	Ms. Butski (9) Ms. Melsby (10) Ms. Silverstein (10) Ms. Harb (11) Ms. Greene (11) Ms. Fisher (12)	Ms. Skomra (9) Ms. Burke (10) Ms. Stuhldreher (10) Mr. Mank (11) Ms. Leslie (12) Ms. Mills (12)	Ms. Mathias (9) Ms. Wienckowski (10) Ms. Coffey (11) Ms. Tramosch (11) Ms. Miller (12) Ms. Stothart (12)

Session Name	Rotation One (10:35-11:35 am)	Rotation Two (11:40-12:40 pm)	Rotation Three (1:25-2:25 pm)	Rotation Four (2:30-3:30 pm)	Location
Yoga (60 min)	Group A	Group B	Group C	Group D	Gym
Breathing and Meditation (30 min)	Group D (blue)	Group A (blue)	Group B (blue)	Group C (blue)	Colby room
Stress reduction techniques (30 min)	Group D (red)	Group A (red)	Group B (red)	Group C (red)	Chapel
Nature walk (60 min)	Group C	Group D	Group A	Group B	Outside
Nutrition (30 min)	Group B (blue)	Group C (blue)	Group D (blue)	Group A (blue)	Library
Coloring/ Reflection (30 min)	Group B (red)	Group C (red)	Group D (red)	Group A (red)	Study Hall