

Julian Amelio, '23, enjoys lunch

EMOTIONAL AND MENTAL WELLNESS

Flik Dining provides our students with healthy, well-balanced meal choices. They are sure to always have vegetarian and other dietary needs in mind when setting their menus. What I find most interesting about Flik is how much the children seem to love the food. Children always enjoy the favorites such as pizza and tacos, but I see students enjoying chicken parmesan, black bean soup, roasted pepper bisque and pulled pork.

- EVE GRUBB

Director of Operations

Kate Candelet, '29, and Laci Schoen, '22, working together during Girl World

Each member of our faculty is equipped with the skills to manage their classroom setting in a way that is conducive to all learning styles and takes into consideration the emotional fit of each child. As the School Counselor, my role is to step in when a child has the inability to control their emotions due to stressors inside and outside of school. At the Lower School level, there are scheduled observation times to witness students in their classroom setting, and there are also classroom lessons taught on friendship, kindness, word choice, and emotional awareness. In the Middle School level, Boy World | Girl World provides a setting for students to learn lessons they will need the rest of their lives. Because of the value I place on mental health, I also teach mental health classes to all Middle School grades. I want our children to know that there will be days you need to ask for help, have a bad day, or do not know how to handle a situation. They should always know who their "team" is here at school to help them. I am honored to be a part of support team.

- ELISE BANKS

School Counselor

SPIRITUAL WELLNESS

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