



ELEVATE:
A STAFF WELLNESS DAY
2025-2026

Rooted in Purpose, Rising in Excellence

A MESSAGE FROM THE SUPERINTENDENT OF SCHOOLS

Dear Staff,

As we gather for our Professional Development Day focused on staff health and wellness, I want to sincerely thank each of you for the dedication, compassion, and care you bring to our schools every day. The work you do extends far beyond the classroom, and the commitment you show to supporting our students and one another does not go unnoticed. Today is an opportunity for you to take a moment to relax, recharge, and enjoy time together through activities designed to support your well-being.

We are deeply grateful for your continued passion and the positive impact you make on our entire school community.

Yours in Education,

Dr. La'Quetta S. Small



SIPS & BITES



Wawa

Enjoy a ***complimentary*** sub box or salad bowl, generously provided by the Superintendent's Office. *Items are available while supplies last.* Located in Cafeteria A.



Cafe Con Amor

Specialty lattes and coffee drinks are ***available for purchase*** for those who'd like a little extra pick-me-up. Located at the main entrance.



Slingin' Wings

Made to order hot lunch items ***available for purchase***. Located in the back parking lot.

SIPS & BITES



Donut NV

Made to order hot mini donuts and beverages are **available for purchase** for a sweet treat pick me up. Located at the main entrance.



Burnside Eatz

Made to order grilled items **available for purchase**. Located in the back parking lot.



Ron Do's II

Made to order breakfast and lunch items **available for purchase**. Located in the back parking lot.



WELLNESS IN MOTION

SESSION TIMES WILL BE:

- **9:30 AM**
- **10:00 AM**
- **10:30 AM**

- **YOGA FLOW - RM B200**

JOIN MELISSA LUNA FROM RAS AS YOU UNWIND YOUR BODY AND MIND IN THIS GENTLE, NOURISHING CLASS. BRING YOUR OWN MAT PERFECT FOR ALL LEVELS

- **MINDFUL MELODIES:
IMMERSIVE SOUND MEDITATION RM B200**

JOIN LAURIE EGRIE FROM NYAS AS YOU MELT AWAY TENSION, ALLOWING YOUR NERVOUS SYSTEM TO FULLY RESET. BRING YOUR OWN MAT. PERFECT FOR ALL LEVELS

- **ACENDACIZE J100**

ACENDACIZE IS AN EXERCISE PROGRAM OF FITNESS AND FUN NOT SUPER-STRENUOUS AND CAN BE DONE FROM ALMOST ANYWHERE. BRING YOUR OWN MAT. ALL LEVELS WELCOMED

- **SPIN CITY RM B205**

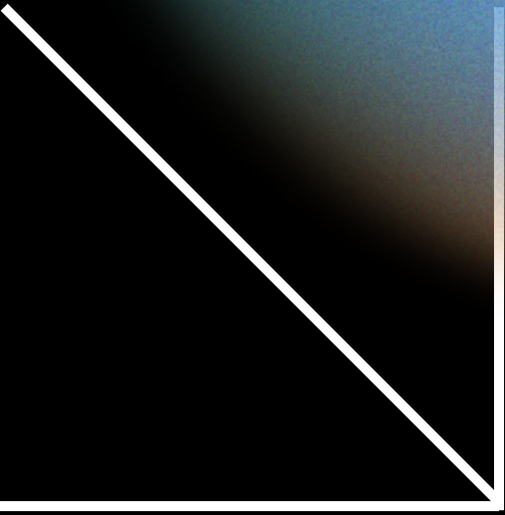
JOIN DOMONIQUE SHANNON-BEAMAN & CHRISTINE NODLER FOR A RHYTHM-BASED RIDE DESIGNED TO HELP YOU RELEASE STRESS

- **THE STEP SQUAD - MAIN ATRIUM**

JOIN JENNIFER AFANADOR TO GET SOME FRESH AIR, CHAT, AND STRETCH YOUR LEGS

- **HIP HOP DANCE - RM J104**

JOIN ELIZABETH BARNES FOR A HIGH ENERGY ACTIVITY THAT INCLUDES ATHLETIC MOVEMENT AND PERSONAL EXPRESSION.



CREATIVE ARTS

SESSION TIMES WILL BE:

- **9:30 AM**
- **10:00 AM**
- **10:30 AM**

• **PAINT & CHILL- RM G204**

JOIN ERNEST CHEATHAM TO CREATE SOMETHING UNIQUELY YOURS IN THIS HIGH-ENERGY, FUN-FOCUSED SESSION

• **TOTE-ALLY ARTISTIC W/ACENDA - CAFE B**

JOIN ACENDA TO TRANSFORM PLAIN CANVAS INTO PERSONALIZED FASHION! GRAB BRUSHES, FABRIC PAINT, AND STENCILS TO DESIGN A ONE-OF-A-KIND TOTE THAT MATCHES YOUR STYLE

• **TOP IT OFF: A CRICUT HAT BAR - RM G122**

JOIN FATIMAK LEWIS FROM ACHS TO CREATE A UNIQUE, HANDMADE ITEM CREATED BY YOUR OWN CRICUT DESIGN

• **FLASHBACK FRAMES: 90S EDITION - RM G213**

JOIN RANDEE ROSENFELD FROM ACHS TO CAPTURE A NOSTALGIC PHOTOSHOOT EXPERIENCE DEDICATED TO CAPTURING THE CAREFREE AESTHETIC OF THE 1990S

• **STEM LAB - RM G119 A/B**

JOIN TIERRA TERRY & FRANK CALLETTA FOR AN INTRODCUTION INTO THE ACHS'S STEM/ROBOTICS LAB. BRING LAPTOP IF INTERESTED IN PARTICIPATING

• **DANCE WITH YOUR SOUL - MAIN ATRIUM**

JOIN DANCE WITH YOUR SOUL FOR SOME LINE DANCING.

• **HENNA - HALLWAY BY CAFETERIA A**

JOIN US FOR A RELAXING AND CREATIVE HENNA EXPERIENCE!



CTRL+ALT+ PLAY

SESSION TIMES WILL BE:

- 9:30 AM
- 10:00 AM
- 10:30 AM

- **MOVIE & CHILL - AUDITORIUM**

HEAD TO THE AUDITORIUM TO CATCH A MOVIE AND ENJOY REFRESHMENTS SPONSORED BY ATLANTIC CITY YOUTH SERVICES

- **ESPORTS LOUNGE - RM C120**

HEAD TO THE ESPORTS LOUNGE FOR ACTIVITIES HOSTED BY ESPORTS DEVELOPMENT AND GROWTH ENTERPRISE.

- **LET THE GAMES BEGIN! - CAFE B**

SOCIAL TABLETOP GAMING FOCUSING ON FACE-TO-FACE INTERACTION, FEATURING BOARD GAMES, CARD DECKS GAME SUCH AS SPADES, AND TILE-BASED GAMES.

- **CHEF ALI'S COOKOFF - RM G124**

JOIN CHEF ALI TO PARTICIPATE IN A COOKOFF. FAVORITE DISH WINS BRAGGING RIGHTS.

- **BINGO - RM G204**

JOIN NORMA MORALES FROM ACHS TO PLAY THE CLASSIC GAME OF BINGO

- **CRICKET BALL - OUTSIDE COURTS**

JOIN GAZI ALAM, NABID CHOWDHURY, NAWAZ OVI, MOUZA ALI, AND SULMAN AWAN FOR A GAME OF CRICKET BALL. ALL LEVELS WELCOMED.

- **PICKLEBALL - OUTSIDE COURTS**

JOIN KIM SANTORO AND ANTHONY NISTICO FOR A GAME OF PICKLEBALL. ALL LEVELS WELCOMED.



RECHARGE ZONE

SESSION TIMES WILL BE:

- 9:30 AM
- 10:00 AM
- 10:30 AM

- **ZEN LOUNGE - RM G114**

A QUIET, MINIMALIST CORNER DESIGNED FOR DEEP RELAXATION AND ESCAPING THE NOISE OF THE DAY.

- **THE COZY CANINE - LIBRARY**

THESE SEL DOGS CAN PROVIDE COMFORT AND EMOTIONAL SUPPORT TO MANY; CAN BE PETTED.

- **LET THE GAMES BEGIN! - CAFE B**

SOCIAL TABLETOP GAMING FOCUSING ON FACE-TO-FACE INTERACTION, FEATURING BOARD GAMES, CARD DECKS, AND TILE-BASED GAMES.

- **CROCHET - RM C 122**

JOIN TAMIKA YOUNG TO LEARN THE BASICS OF CROCHET. ALL LEVELS WELCOMED.

- **MASSAGE TABLES - STAFF CAFE**

JOIN OPTIMAL HEALTH FOR A RELAXING MASSAGE.

- **SEL ROOM - RM G121**

HEAD OVER TO THE SEL ROOM FOR A MORE QUIET SPACE. BRING A BOOK OR COLOR A SHEET WHATEVER FEELS GOOD TO YOU.