

# MLHS Health and Wellness Summit

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Alyssa Siino, Student Assistance Counselor  
Richard Mangili, Principal





# Wellness Summit Overview & Development

- The Wellness Summit is a collaboratively planned, data-informed school-wide initiative led by Student Assistance Counselor and Administration
- Through interactive, student-centered workshops, the Summit supports the district's SEL goals by providing insight into student needs and effective practices.
- Community partners are selected to ensure diverse, relevant, and developmentally appropriate wellness topics
- Goal: Provide students with interactive, skill-based learning experiences that support overall well-being



# Student Structure & Experience

Approximately **550 students** participate in the Wellness Summit

**Students attend afternoon sessions from 11:53AM - 2:41PM**

**Grade-level keynote presentation (50 minutes)**

**Choose 4 additional rotating interactive workshops (25 minutes each)**

Students are organized into groups of approximately 25 students per workshop  
Workshops are designed to be small-group, engaging, and discussion-based

Workshop topics focus on:

- Mental health & coping strategies
- Healthy relationships & decision-making
- Physical, nutritional, and digital wellness



# Roll Out Process

- Monthly Planning Meetings from October-March
- Reaching out to Workshop Presentors and Community Resources
- Searching for Appropriate Keynote Speakers
- Grade Level Meetings/Workshop Sessions
- Special Schedule for April 2nd
- Google Form Sign Ups
- Final Schedule Spreadsheet
- Student Feedback Survey

# Student Data

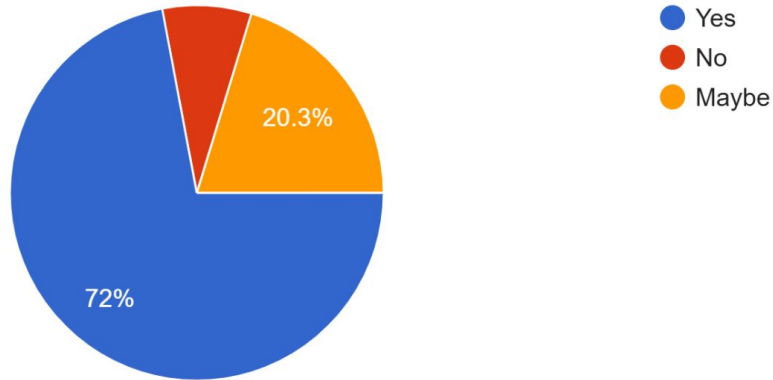
74% of students rated the Wellness Summit a 4 or 5 out of 5, and 67% reported that the workshops they selected were helpful.

## **Student Favorites from the Wellness Summit**

- Balance Bites
- Squish the Stress
- Yoga & Pilates
- Breath for Change
- All Children's Art Center

# Student Data Cont.

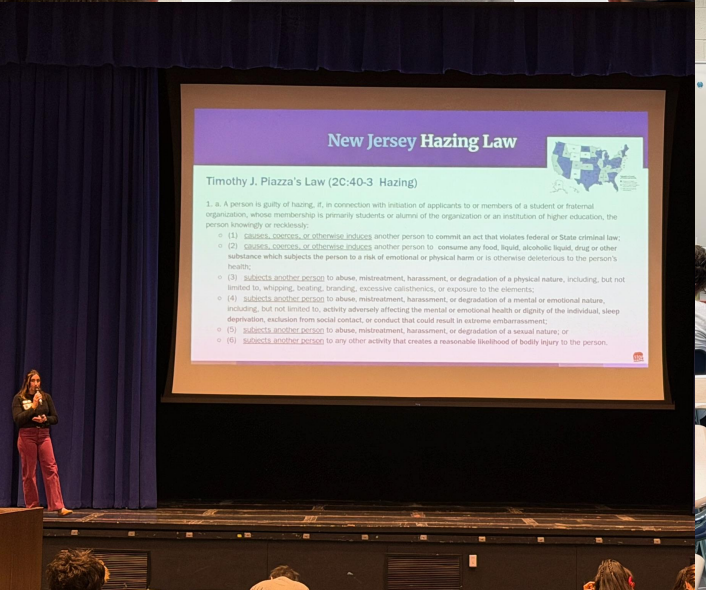
Did you learn something new that you can use in your life?





# Student Voices

- “Pilates was THE BEST!! I wish I could do that again! I started doing youtube classes at home!”
- “My favorite part was learning about the different experiences everyone had to share. It made me feel very inspired and was the highlight of my day.”
- “I really liked the variety of choices for each workshop you could choose from and I think the amount of time for each session was the perfect amount. I also think each workshop was very relevant to the high school students and was very useful for us.”





# Scheduling Considerations & Future Planning



- Scheduling decisions are guided by maximizing **student attendance and engagement**
- Key factors considered:
  - Presenters who are engaging and know how to work with students
  - Scheduling immediately before breaks?
  - Avoid conflicts with testing windows and major academic assessments
  - Maintain balance with instructional time and school-wide priorities





# THANK YOU!

- District Administration
- HSA
- Workshop Staff/Students
- Pomptonian
- Building Staff
- Complete MLSD Team Effort