



P25 H.S. Student News: Holiday BUZZ



P25R South Richmond High School

Winter 2019-2020

Mr. A. Casella, Principal, P25R

S.T.O.P!

Mindfulness at the Mount

Mindful-S.T.O.P.

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S

STOP any busyness temporarily and invite our attention to rest on the PRESENT MOMENT



T

TAKE 3 slow, deep and mindful breaths



O

OBSERVE & label 3 sounds around us (e.g. fan, bird, car) or pay curious attention to what we Hear, Touch or C/See (H.T.C.)



P

PROCEED with whatever we need to do mindfully and with a smile 😊

Phang, C.K., Wang, S.-L., & Chang, K. C. (2010). Mindful-S.T.O.P.: Mindfulness Model Easy for Stress Reduction in Medical Students. *Journal of Mindfulness Practice*, 5(2).

Mindfulness is a daily practice of becoming aware of your thoughts and feelings in order to become relaxed and ready to learn. Students at South Richmond High School participate in mindfulness exercises as a preparatory activity for higher level tasks done in therapy. The reaction to implementing mindfulness and yoga into occupational and speech therapy has been remarkable!



By: Student Reporters: Zachary Fatt and Anthony Famulari
Every Friday, our class does yoga with Ms. Denise and Ms. Reena in the sensory room of the Sgt. Angel Mendez Learning Center to relax and feel better.

Student Reporters:

- Treasure Areola
- Saboor Choudry
- Justin Daley
- Zachary Fatt
- Anthony Famulari
- Laura Guerrero
- Michael Hakim
- Nickolena Izzo
- Nicholas Lavanco
- Elizabeth Pietanza

Faculty Contributors:

- Reena Ribalt, Speech Therapist
- Denise Stassi, Occupational Therapist

Using the Writer's Revolution method, we completed "Sentence Summaries" & "Quick Outlines" to write the complex sentences and paragraphs in this newsletter! Happy Reading!

S.R.H.S. Students' Mindful Moments

By Student Reporters: Nickolena Izzo and Laura Guerrero

We use mindfulness to relax and feel good in Occupational Therapy and Speech Therapy. It helps us to focus. Mindfulness is an exercise for our bodies and our brain.

Laura's view on mindfulness:

"We close our eyes, we breathe slowly in and out, and I feel like no one is there...My brain feels weird when I do the exercise because it's not used to breathing like that and feeling sleepy and calm. [Mindfulness] is good for me because after I feel good and can listen better."

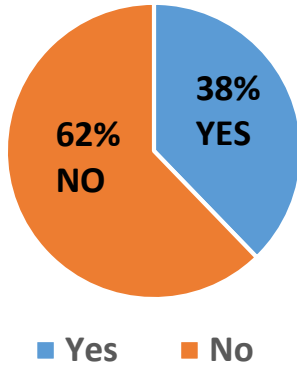
Nickolena's view on mindfulness:

"I can sit still better for a long time. [Mindfulness] helps me relax, and helps my brain feel calm."

We think everyone should do it!



We Interviewed 45 S.R.H.S staff and students and asked: "Do you participate in yoga, meditation, or mindfulness?"



By Student Reporters: Treasure Areola, Nicholas Lavanco and Elizabeth Pietanza

We asked students and staff at S.R.H.S. if they participated in yoga, meditation or mindfulness. We added up the tallies and most people said "no." Almost everyone that said "no" said they wanted to start!

10 BEST Holiday Gifts for Teens in 2019

By Student Reporters: Nicholas Lavanco, Zachary Fatt and Laura Guerrero



1. Kyrie X Spongebob Collection
2. Fitbit Versa Smart Watch
3. X Rocker Pro H Series H3 4.1 Wireless Gaming Chair
4. Skullcandy Wireless Headphones
5. Fujifilm InstaMax Mini Camera
6. Fat Brain Stick Six Game
7. Laser X Gaming Tower Set
8. Virtual Ping Pong
9. Bose Noise-Cancelling Headphones
10. Hydroflask Water Bottle



BENEFITS OF MINDFULNESS

1. Mindfulness reduces anxiety
2. Mindfulness lowers stress
3. Mindfulness ignites our senses and increases pleasure
4. Mindfulness helps you sleep
5. Mindfulness provides clearer focus and concentration

ONE THING WE'RE NOT MINDFUL OF DURING THE HOLIDAYS IS.... CALORIES!

Student Reporters: Nickolena Izzo, Michael Hakim and Saboor Choudhry

This week at South Richmond High School, our class prepared chocolate pudding pies with Ms. Denise and Ms. Reena to share with staff and friends around the building.

We would like to congratulate our new principal *Mr. Casella*, and welcome our new assistant principal, *Ms. Toni Scarpati*.

We hope you try some mindfulness to keep you chill during the holiday season! Happy Holidays, SRHS!

