

NOURISHING YOUR MIND, BODY, AND SOUL

The Keys to Success for Transitioning to High School

Sunday May 17, 2020

2:00-4:30 PM ET *via Zoom*

(1:50 Check-In)

A Free Virtual Workshop for Rising 9th Grade Girls

Agenda

1:50-2:00 ET Check In

Please log in to test your Zoom link at 1:50 pm and join the waiting room. The waiting room will be admitted to the meeting at 1:55 pm so that we can begin promptly at 2 pm.

2:00-2:15 ET Opening Remarks and Introductions

**Emma Scielzo, 11th Grader Holton-Arms School, Workshop Organizer*

2:15-2:35 ET Mind - Developing a positive mindset, managing stress, handling failure and setbacks, balancing schoolwork with other commitments.

Introduced by:

**Laura Scharf MD, FAAP
Quincy Pediatric Associates
Quincy, MA*

Speaker:

**Maura Roll, LPC, CSAC
Psychotherapist and Director of DBT Program
The Ross Center
Washington, DC and Vienna, VA*

2:45-3:05 ET Body - Fueling your body and mind through good hydration, nutrition, and adequate sleep

**Introduced by Mrs. Maureen Siburt, ATC, LAT
Certified Athletic Trainer, Health and Physical Education
Holton-Arms School, Bethesda, MD*

Speaker:

**Dr. Daisy Miller
Licensed Dietitian Nutritionist
Dr. Daisy & Co
Rockville, MD*

3:15-3:35 ET [Soul](#) - Developing confidence, stepping-up to leadership and making a meaningful contribution to the community

**Introduced by Emma Scielzo*

Speaker:

**Montrece McNeill Ransom, JD, MPH*

Speaker & Empowerment Coach

MontreceSpeaks.com

and

Team Lead

Centers for Disease Control and Prevention

Atlanta, GA

3:45-4:00 ET [Yoga Session](#)

Instructor:

**Destinee Smith*

Mind-Body Specialist

Mindfulness Center

Bethesda, MD

4:05-4:25 ET [High School Support Panel](#) - Panelists provide tips and strategies to ease the transition to high school; learning how to advocate for yourself, becoming a more independent learner, and balancing increased academic pressures with other commitments (such as family, sports, and hobbies).

**Introduced and Moderated by Ms. Martha Macon Smith*

Upper School English Teacher; Varsity Swim Coach

Holton-Arms School, Bethesda, MD

Panelists:

**Meredith Chase-Mitchell*

Guidance Counselor/High School Learning Specialist

Georgetown Day School

Washington, Dc

**Jennifer Anderson*

Upper School Learning Specialist

Holton-Arms School

Bethesda, MD

4:25-4:30 ET [Closing Remarks](#)

**Emma Scielzo*