



THRIVAL INDY ACADEMY

**THE PURPOSE-DRIVEN
HIGH SCHOOL**

Back 2 School Night

On Wednesday, September 22, we hosted Back 2 School Night. Parents had the opportunity to get to know the entire Thrival Indy team, learn more about Wellness Wednesdays, and schedule virtual conferences with teachers.

Wellness Wednesdays

Wellness Wednesday is designed with the intention to equip our students with tools that help develop and regulate their mental health, expand their emotional awareness, and explore self-identity. Throughout each Wellness Wednesday, students tap further into their mind, body, and soul connection while becoming self-healers with activities such as: yoga, meditation, and mindfulness activities. Over the past few weeks, we have explored what "limiting beliefs" are and the ways in which they serve as roadblocks to their greatest potential; including identifying and releasing them. Students created vision boards that reveal their personal goals, dreams, and aspirations. They also created positive affirmations that serve as visual reminders of their humanity and worthiness: two core values of Thrival.

Mindfulness

Benefits:

- increases self-awareness
- encourages positive self-identity and image
- decreases stress/anxiety
- improves emotional regulation (reacting vs responding)
- increased self-compassion
- builds resilience and healthy coping mechanisms
- encourages neuroplasticity in the brain
- creates an inward curiosity



What is Wellness Wednesday?

The intention of Wellness Wednesday is to equip your children with tools that help develop and regulate their mental health, emotional awareness, self-identity, and (mind-body-soul connection)

We can be self healers when we have the tools....

Yoga & Meditation Class

Mindfulness Class

Independent Study time

Advisory Lesson:

-9th Grade: College and Career Preparation

-10th Grade: Critical Thinking



Yoga and Meditation

Yoga Benefits:

- Improves posture.
- Increases flexibility.
- Builds muscle strength.
- Increases self-esteem.
- Improved athletic performance
- Protection from injury



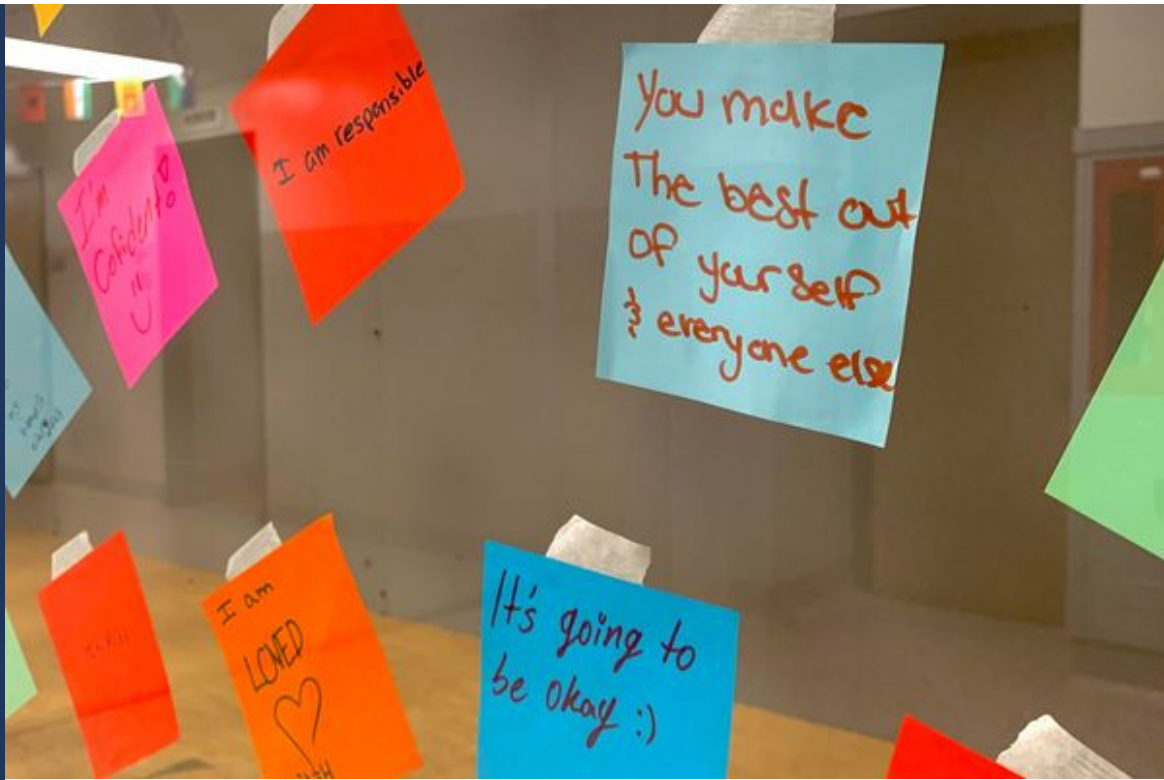
Meditation Benefits:

- Gain a new perspective.
- Build skills to manage your stress.
- Increases self-awareness.
- Focuses on the present.
- Reduces negative emotions.
- Increases imagination and creativity.
- Increases patience and tolerance.

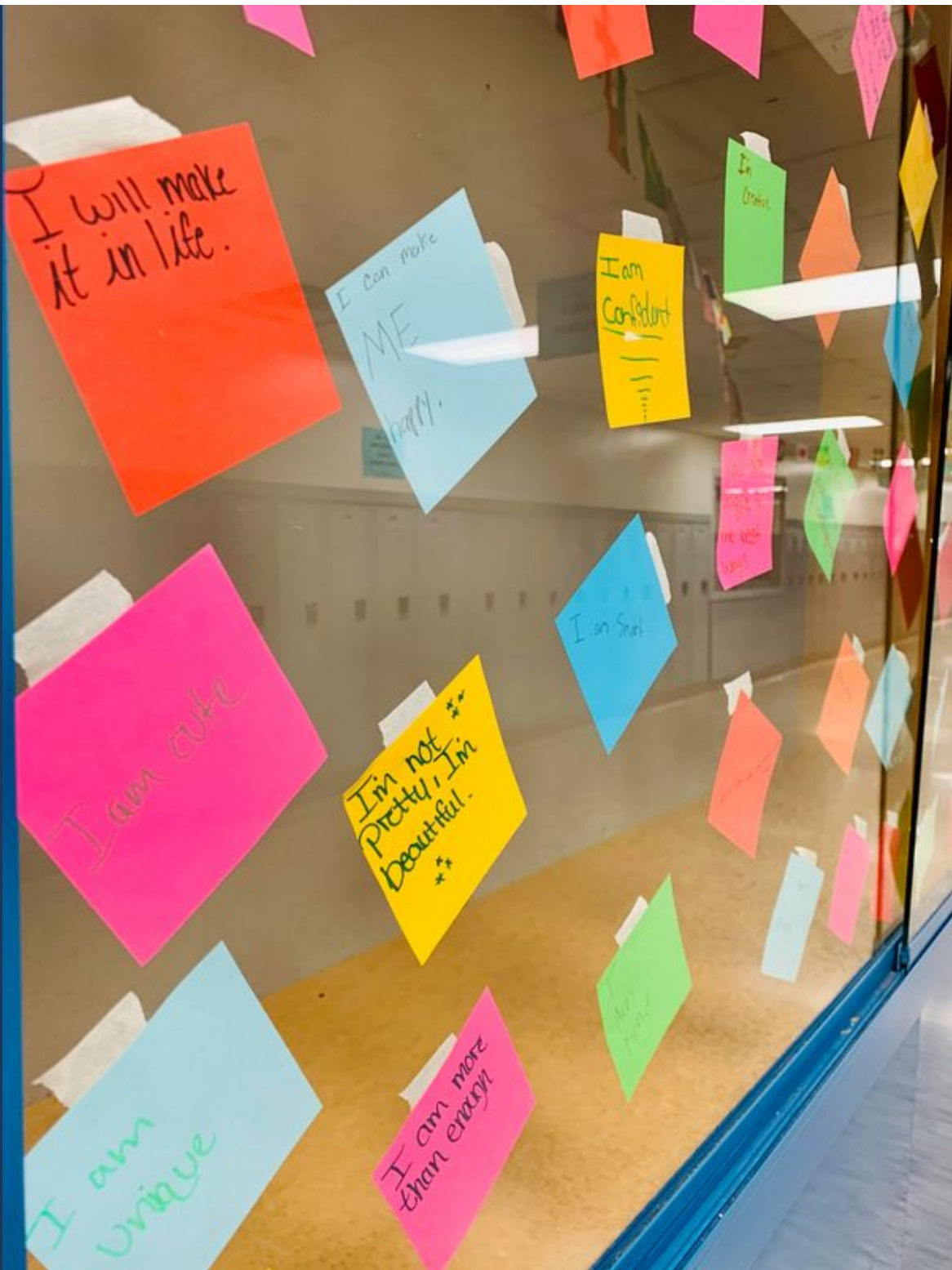
Wellness Wednesday Student Work



Vision Board created by a student (Mindfulness Activity)



Affirmations written by students



I will make
it in life.

I can make
ME
happy.

I am
Confident

I
love

I am cute

I'm not
Pretty, I'm
Beautiful.

I am smart

I am
brave

I am more
than enough

1. What is a limiting belief you are holding on to? Pick one or two that pop in your head often.

[Empty rectangular box for writing a limiting belief]

2. How long ago would you estimate you have been believing this? (ex: for 2 years, since 10 years old, ever since 3rd grade.) When do you recall first beginning to believe this belief?

[Empty rectangular box for writing the duration and first recall of the belief]

3. Is it true? Like REALLY true? If so, how do you know for certain it's true?

[Empty rectangular box for writing the truth assessment and evidence]

4. What images come to mind when you visualize this belief or thought? Close your eyes and try :)

[Empty rectangular box for writing visualizations related to the belief]

Releasing Limiting Beliefs (Mindfulness Activity)



Parent Portal Access

If you were not able to attend Back 2 School Night, we still have your login information for Schoolrunner and PowerSchool. Feel free to come by the office to pick up your documents. Through Schoolrunner, you will have access to see communication logs as well as behavior merits and demerits for your child. Through PowerSchool, you will be able to view your child's grades.

Parent-Teacher Conferences

Virtual conferences will be held on Monday, October 18 from noon to 4pm. If you were not able to schedule your meetings during Back 2 School Night, please reach out to the teachers individually in order to lock in your 15-minute time slot. Click on the **staff directory** button below in order to find the contact information for the teachers.

[Staff Directory](#)

Athletics Updates

The fall season is in full-swing! Our volleyball team competed in their first game on Tuesday, September 21. While they came up short against IMSA North, the Lady Aviators showed heart and spirit. Special shoutout to De-Onjai Oliver who served an ACE in her first ever high school volleyball game! Our next game is **tonight** and will be right here at home. Click the button below to view the athletics schedule.

[Athletics Calendar](#)

Fall Break

We are quickly approaching Fall Break! The building will be closed Monday, October 11 through Friday, October 15. Click below to view the Academic Calendar for the 2021-2022 school year.

[21-22 Academic Calendar](#)

