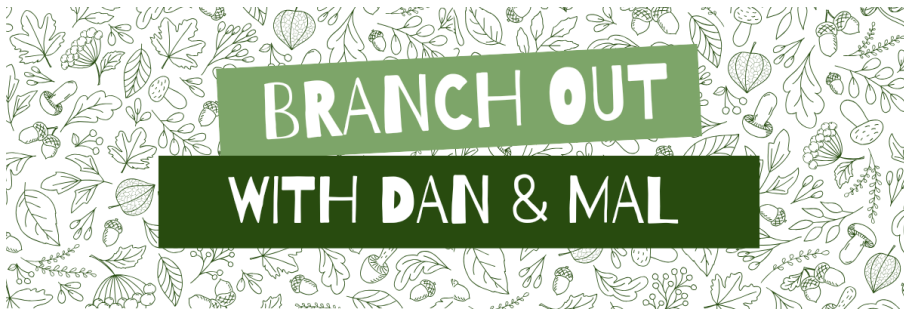




Welcome to Branch Out with Dan & Mal, a weekly newsletter on all things health, wellbeing, and wellness at Midland!

OAKay, Let's Talk...

Mallory's Report:

At the beginning of every year I choose a phrase, and this year my phrase is “joy in the chaos.” Being a part of a close knit community is both hard and endlessly rewarding, and I’m seeing everyone, faculty and staff included, find pockets of joy amidst the chaos. I personally have been finding many moments of joy with students, including learning the term “aura farmer” in 9th Grade Seminar today and getting to yap (and moan) with students hiking up Grass Mountain. It’s hot outside, social dynamics are a little heavy right now, and academics are unrelenting, but I still see how we all choose to laugh together and find moments of lightness.

Dan's Report:

Over the past several days at Midland, the word “convergence” is the most fitting descriptor driving the emotional experience I’m seeing for our students. The convergence of numerous influences including the seasonal shift from winter to spring, different sports seasons, academic momentum gaining between different experiential weeks, DEIJ & Grass Mtn days, and senior project to name a few. Our students are doing it all, and they are benefitting in how it’s teaching them how to juggle many responsibilities as they’ll need to do into adulthood soon enough. As we move through it all I’m working to support them in strategizing by using visual calendars and bullet lists to prioritize and categorize it all into a more manageable system. Once that is in place we consider their mindset, perspective-taking, and what could be either a self-defeating/destructive thought pattern vs. an effective/productive thought pattern. After all, the mind is the steering wheel that generates the energy and trajectory of possible outcomes. It takes work and they are getting it, one step at a time!

In a Nutshell -- Deep Dive of the Week

This week I received a number of requests from students to start adding a daily allergy pill to their pill boxes. The timing is not a coincidence as late February is usually the beginning of spring allergy season. And with the heat coming early this year, we are experiencing the rapid shift from winter to spring, leading to much more pollen in the air than is usually present in mid March.

Some common symptoms of season allergies include itchy, watery eyes; tickly throat; stuffy, runny throat; and fatigue.

If you are a sufferer of seasonal allergies, it might be beneficial to see an allergist. You may think you're sure pollen is causing your suffering, but other substances may be involved as well. More than two-thirds of spring allergy sufferers actually have year-round symptoms. Your best resource for finding what's causing your suffering and stopping it, not just treating the symptoms, is an allergist.

In terms of prevention, there are a few ways to avoid allergy triggers:

- Monitor your local pollen count (the allergy report for today is high for tree pollen!)
- Keep windows and doors closed in your room
- Take a shower, wash your hair and change your clothes after you've been working or playing outdoors

Looking for more information on seasonal allergies? This article from Yale Medicine is great!

Acorny Ending

It may be allergy season, but we aren't allergic to you! Come visit us <3

We're on your team—and we're rooting for you.



Mallory McPherson-Wehan
Health Director



Dan Petrocelli
School Counselor

© Midland School | Los Olivos, California