
NüYü - Bringing Mindfulness to the Educational Community

NüYü Officers:

Presidents: Shreya Joshi, Maya Mau

Vice President: Phanisree Akshinthala

Secretary: Spandana Bondalapati

Treasurer: Danielle Tseng

Special Officers: Oliver Zhong, Diya Rai, Marilyn Zhang

Meet NüYü:

We are NüYü, a student-founded and student-run club at High School North that is working to teach mindful coping strategies to the educational community.

We work to connect with parents, teachers, and students to raise awareness about mental health and toxic stress. We taught our community how mindfulness is a practical strategy to help control high levels of stress that we have identified.

Our journey began when we were in 7th grade. Our teacher, Dr. MC, told us to write something we couldn't normally tell our teachers on the whiteboard. This activity exposed a lot of stress students were feeling. Some responded with things like, "I only want extra credit because my parents want it," "There's so much homework I can't do anything else after-school," and "I don't want another trophy."



NüYü at our 2nd Annual Wellness Fair, 8th grade 2017

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These answers were a clear indication for us that something had to be done, and we decided to research different strategies that could reduce stress for students, ultimately using mindfulness as a tool to teach many students, teachers, and parents in our community.

Current Projects and Recent Events:



Maya, Phanisree, and Spandana present at the Board of Education office

Teachers learned different strategies such as yoga, meditation, body scans, and journaling to implement in their classrooms. We led them through a jolly rancher meditation where they experienced eating mindfully. This activity works especially well with younger children.

Over the summer, we presented at the New Teacher Orientation at the Board Office in Village. On August 30th, we worked alongside Gill McClean, an educator from Pure Edge, Inc. This company works to spread the mindfulness movement and meditation among parents, students, and teachers. The session reached many new teachers from across the district and allowed us to influence how they run their future classrooms.



Dr. MC and Mrs. Weinmann practice yoga

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Hannah and Maya draw chalk art outside a cemetery

At the beginning of this school year, we met with the Beluga team in Community Middle School to discuss how to expand our mindfulness curriculum

(<https://belouga.org/mindfulness>) to better connect with other schools around the globe.



NüYü meets with Belouga



NüYü networking at NJSBA convention

On October 21, the NüYü team presented at the NJ School Board Association Convention in Atlantic City. We spoke to administrators from across the state about both the importance of coping with stress, as well as how different districts were implementing mindfulness. We shared our resources, including many handouts and our [website](#), and led different mindfulness activities throughout the day. Teachers and students alike enjoyed yoga, mindful coloring and especially chocolate meditation.

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On December 1st, our Presidents and Vice President presented at the National Association for Mental Illness (NAMI) to represent NüYü at that conference. We held a session with Dr. Carter, the principal of Community Middle School, and Dr. MC, our advisor. This way, we were able to reach many educators from across New Jersey that came in caring about mental health, which was very exciting!



Dr. Carter, Shreya, Maya, Phanisree, and Dr. MC at NAMI Conference

Contact Information:

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DIY Activity:

Whether put into to make a stress ball, filled with beads, or by itself, slime is not only a trend but also a great stress reliever. Although glue is the conventional material used to make slime, after trying this recipe, you can also make slime with baking soda, dish soap, salt, and shampoo!

Materials:

- Opaque liquid glue (1 cup)
- Borax, detergent (At Least a 2 tbs)
- Food coloring (optional)
- Warm water (At least ½ cup)
- A plastic bowl
- A spoon

Instructions:

1. Dissolve Borax in 1:1 ratio with warm water.
2. Add 1 cup of glue into the plastic bowl.
3. Add food coloring to glue, stir with a spoon.
4. Slowly add borax solution into the glue, stirring to activate the glue.
5. Stop adding borax before glue reaches desired texture.
6. Knead the slime with your hands until the mixture is even throughout.
7. Congratulations! You have slime!
 - a. To maintain slime for as long as possible, make sure to keep it in an airtight container.
 - b. When touching slime, make sure to have clean hands and a clean surface.