

National Mix It Up at Lunch Day

National Mix It Up at Lunch Day is a nationwide campaign to support students who want to identify, question and cross social boundaries that separate them from each other and help build inclusive, welcoming learning environments. "Mixing it up" happens at lunch because students name the cafeteria as the school setting where social boundaries are drawn most clearly.

Research has shown the following:

- Students thrive socially and academically in environments that are inclusive
- 92% of organizers of National Mix It Up at Lunch Day report that the Day increases awareness about social boundaries and divisions in their schools
- 87% report that the event fosters school spirit and unity
- Mix It Up at Lunch Day helps students become more comfortable interacting with new and different kinds of people

At Frost, students receive a cafeteria table seating assignment pass in their morning NOW reading class. The seats are randomly assigned. The NOW reading teacher explains the reasons for National Mix It Up at Lunch Day and the directions. Students are told to hold onto their seating assignment pass as counselors and SGA members will distribute candy in the cafeteria to those sitting at the correct tables (passes are checked) and that the pass entitles them to participate in a raffle for an iPod. Each table is clearly marked with a table number so that students can easily find their seats. Each table also has a laminated list of fun discussion questions to stimulate conversation amongst the students.

Contact the counseling office with questions. More information about National Mix It Up at Lunch Day can be found at <http://www.tolerance.org/teens/index.jsp>.

Counseling Department Phone Number: 301/279-3965

Experiencing Excellence One Student At A Time