

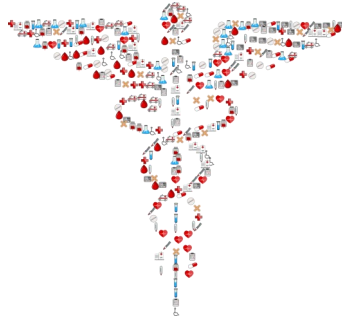
# NEWSLETTER

*Whole School. Whole Community.*

*Whole Child.*

#12 | December | 2020

## National Year of the Nurse and the Midwife 2020



2020 has been a year of challenges, and very few have felt the weight of those challenges quite as acutely as medical personnel around the world, especially nurses. Covid19 has utterly changed the way in which the world views nurses, and indeed, the ways in which nurses operate in order to do the most good for the most amount of people possible. School nurses in particular have had the challenge of not only trying to stay up to date with a novel virus, but to help determine the best ways to keep children safe while maintaining a conducive learning environment. This is no trivial matter, especially when working with young children who may not understand the need for a mask, or those with sensory sensitivity. This has been an intense year for everyone, but so much more so for nurses, and for that, we give all of the nurses out there our thanks!



We at the Center for Prevention and Counseling would like to thank nurses for the strength and endurance they have shown this year in caring for the world when it needed it most! Here are a few things you can do to show nurses the kind of love and compassion that they show their patients;

1. Create a care package for a nurse! With the long, hard hours nurses are working, nothing says, “thank you” quite like a care package!
2. Cook a meal for a nurse in your life! Deliver it to their doorstep and stay socially distanced to show how much you care!
3. Donate plasma! If you’ve had Coronavirus and are cleared to donate, please do! It is extremely helpful to those in recovery! Sign up at [RedCrossBlood.org](https://www.redcrossblood.org).
4. Venmo a nurse money for a coffee. The price tag is small but the thought goes a long way! Many nurses can use a “pick me up” and this little treat is the perfect way to send just that.

Lastly, we would like to give a HUGE shout out to our own Julianna, who has moved on from the Center for Prevention and Counseling to dive into the world of nursing! We are certain that you are going to do incredible things in the field and will miss you dearly!



## Holiday Activities

December is a time of many celebrations! Indeed, many cultures around the world observe holidays this month! While many of us will not be able to see our extended families this year out of safety concerns, this doesn't mean that you can't have fun this holiday season. Here are some things that you can do to have some new experiences with your family and bring them closer together!



The holiday season is a great time for giving to those in need. This year has been particularly difficult, and there are more in need than ever before. If you have the ability, here are some great organizations that accept donations in order to support those in need; [Local Charities](#)

Try learning about traditions from other cultures! Many holidays are celebrated in December, here are a few;  
[14 Winter Holidays](#)

Looking to have some fun while staying fit this winter? Try this family workout routine that incorporates acting like an animal!  
[Fun Family Workout](#)

Planning on spending some time outdoors this winter? Maybe some sledding, or playing in the yard? Here are some safety tips for spending time outside in the cold.  
[Safety Tips](#)



Just because we can't be with our families this year doesn't mean we can't send them our love! Try handwriting a letter to them! It's a heartwarming gesture, and can be a great opportunity to teach younger children how to write and send a letter!

Here are some other great, socially distanced, family fun ideas for the holidays! Whether it's a Top Chef competition at home, or a book swap, have fun!  
[Family Fun Ideas](#)

## 12/18: National Underdog Day

December 18th is National Underdog day! Here are some great examples of underdogs who persevered under pressure and did some amazing things!

- \* J.K.Rowling— While writing Harry Potter, Rowling was unemployed as well as a single mother.
- \* Walt Disney— Disney's first animation studio, Laugh-O-Gram, went bankrupt, and his editor once said that he, "lacked imagination and had no good ideas."
- \* Sylvester Stallone—While pitching Rocky to studio executives, Stallone had to sell his dog in order to pay his bills. He did eventually find his dog again!

## Cooking Corner

December is a time of snowmen, holiday celebrations and hot chocolate breaks! With many national food observations and traditions surrounding sweet treats taking place in December -follow these recipes to enjoy these days while still making smart food choices!

### December 16th — Chocolate Covered Anything Day

These [Hot Chocolate Pretzel Rods](#) are just what you need to get into the winter spirit! For an even healthier option dip fruit in the chocolate mix and enjoy!



### December 22nd — National Cookie Exchange Day

These [13 healthified cookies](#) — all free of white sugar, white flour, and dairy — are an easy and tasty solution for those Holiday Cookie fixes

**We'd love to hear from you! Send us a picture of you and your family making one of these recipes (or another healthy family favorite) and you could be featured in our next newsletter and entered to win a visa gift card to purchase more healthy ingredients!**



As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Ashley](#), for assistance. We would love to hear from you!