

# NEWSLETTER

*Whole School. Whole Community.  
Whole Child.*

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## Snow Many Ways to be Healthy. 2021



Winter is on it's way out the door with spring right around the corner. That being said, March can be difficult for many as it can feel like the end of the long winter marathon. Cold temperatures can make spending time outside difficult, reports of snow and school closures can throw off a family's routine, and many yearn for the bright colors of spring. Between these and the physical distancing required for Covid-19 safety, this winter may be a tougher winter than has been seen in many years.

So, how does one stay mentally, emotionally, and physically healthy during such times? Here are some tips: Spending time outdoors is great when done [safely](#), and [workouts](#) inside can help when it's just too cold out. Also, as tempting as it is to prepare for hibernation, it's much better for the body to [eat healthy](#), nutritious meals. All of this and more plays a part of one's mental and emotional health.

Some other things that you might find helpful could be [meditation](#) for the whole family, an [arts and crafts](#) project to spend time bonding, or watching a movie or tv show then talking about it after. Activities like these could help kids to feel comfortable opening up about thoughts and feelings in the future.

No matter how you spend your winter, try your best to be patient with yourself and with those around you, and to be a support to those in need when you can. As Hal Borland, author and naturalist once wrote, "No winter lasts forever; no spring skips its turn." Lastly, don't forget to take time to be thankful for the beautiful spectacle that winter is.

### New Years Resolutions.

Did you set a New Year's resolution? If so, did you stick to it? If not, don't worry, most people struggle to hold to New Years resolutions as they are often lofty and out of our normal routine. Try setting realistic goals instead. The SMART technique for planning goals can make them much easier to achieve.

### [10 Steps for Effective Goal Setting](#)



Of those that made a resolution in 2020, 35% kept all their resolutions, 49% kept some of their resolutions, and only 16% failed at keeping any of their resolutions.

[Discover Happy Habits](#)

## Beating the Winter Blues

Here are some great tips to stay mentally & physically healthy this winter:

- ◆ Many of us struggle with seasonal depression during the winter. Know that you are not alone. Here are some tips for improving [Seasonal Depression](#).
- ◆ Bored and looking for something for you and your family to do? Try these [Virtual Games](#).
- ◆ Spending time indoors? Here are some great family workouts. [10 Ways to Exercise](#).
- ◆ Stuck in the same old same old? Find ways to mix things up. Try some of these fun winter activities to do just that [100 Winter Activities for Kids](#).
- ◆ Sleep and rest are really important for ones mood. Here are some tips for getting a good nights sleep [Better Winter Sleep](#).
- ◆ Coping with stress this time of year can be tough. Thankfully there are tons of resources for coping, like these from the [CDC](#).

## Cold and Flu Season

Have the sniffles? Maybe a cough? Not sure if it's the common cold or the flu? Here are some symptoms you might see, as well as some tips to help you and your loved ones stay healthy during this flu season:

[Preventing the Flu](#)

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

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## Cooking Corner

Nothing goes better with cold winter days than warm, hearty meals. Here are a few healthy meals that you and your family can try this winter:

**[Breakfast Casserole](#):** This casserole looks hearty and delicious. Also, easy to make.

**[Sheet Pan Sausages](#):** For a sweet and savory meal, try this one-pan recipe. Make it even more exciting with hot sausage.

**[Ground Turkey Enchilada Stir-fry](#):** This fusion-style meal is super easy and super delicious. Sure to be a family favorite.

**[Fudgy Brownies](#):** There's nothing better than a warm, fresh brownie. Try this paleo-friendly recipe.



Ground Turkey Enchilada Stir-fry

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](#) or [Chris](#) for assistance. We would love to hear from you.