

NEWSLETTER

Whole School. Whole Community.

Whole Child.

#08 | September | 2021



SEPTEMBER IS
SELF ♥ CARE
AWARENESS
MONTH

September is **National Self-Care Awareness Month**, what are you doing to take extra care of yourself?

Benefits of Self Care

1. **Sleep:** It is important to receive the adequate amount of sleep every night in order to be well rested and conquer the day. **Make sure to unplug from social media and allow yourself time to wind down prior to bed.*
2. **Exercise:** Incorporating a walk, hike, run or bike ride into your daily activities will allow for a healthier lifestyle and an even better night's sleep. [Click here](#) for more benefits of exercise and tips on staying motivated!
3. **Spend time outside:** Reading a book on your porch, hanging out in the yard, or even gardening are great ways to get outdoors! Participating in activities outside has been known to lower stress levels, blood pressure and improve your overall mood.
4. **Take a Moment to Relax:** Closing your eyes for 5 to 15 minutes, participating in yoga, or even taking a warm bubble bath will allow your mind a moment of relaxation and clarity.
5. **Hang out with Friends & Family:** Nothing says relaxation like spending time with loved ones.
6. **Discover a Routine:** Whether it be to journal, meal prep, or read your favorite book 15 minutes a day, it is important to take the things you like to do and incorporate them into your daily schedule, regardless of how busy you are. Use these two great check-lists to help get your families routine started: [Adult Checklist](#)—[Kids Checklist](#)
7. **Organize:** Simple tasks like decluttering your personal space and making your bed go along way when it comes to easing your mind. Not convinced? Check out [Lifehack's 5 Reasons Why Tidying Your Room Can Change Your Life!](#)

Make Self-Care a Family Affair

Incorporating your own self-care practices into your day is a great way to encourage and teach the children in your life to do the same! Looking for a great place to start? Use this [kid focused self-care bingo card](#) and see if you and your child or classroom can achieve bingo throughout the course of the week.



Suicide Prevention Week: September 5th– 11th

Suicide is preventable, let's learn the warning signs!



- Verbally mentioning wanting to die or kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Feeling hopeless or having no reason to live anymore
- Talking about feeling trapped or in unbearable pain
- Believing they are a burden to others
- Increasing use of alcohol or illicit substances
- Acting anxious, agitated, or behaving reckless
- Sleeping too much or too little
- Withdrawing from friends and family; isolation
- Demonstrating rage or talking about seeking revenge; extreme mood swings.



Suicide is no joke, for more information please refer [here](#) on how you can help identify if a loved one is struggling.

Cooking Corner

Make mornings easy with this quick and healthy **Egg Muffin Cups** recipe. Add any vegetables or spices you like to this [egg muffin](#) mixture and have breakfast muffins prepared for the week!

Turkey & Spinach Pinwheels are a simple and creative way to make your kids excited about lunch. You can find the recipe [here](#), but feel free to experiment with your own lunch meat, cheese, and spreads.

Now that school is back in session and the time crunch begins, meal prep some **Mexican Stuffed Peppers** for an effortless dinner during the week. Try this [stuffed pepper recipe](#)!



As always, our [School Health Team](#) is available to provide additional resources regarding school health topics. Please 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 [Michaela](#), for assistance. We would love to hear from you!

