

# NEWSLETTER

*Whole School. Whole Community.*

*Whole Child.*

#9 | September | 2022

## National Better Breakfast Month

**Did you Know?** During World War I the United States wanted citizens to eat a better breakfast. This idea gained interest and then, in 1951 the Cereal Institute promoted *Better Breakfast Month* for the first time. Breakfast is one of the most important meals of the day— so how can you make it better?



**Plan It Out:** Creating a weekly meal plan, or even planning the night before will make a difference in the way you accomplish breakfast time in the morning. Knowing that there is yogurt or fruit in the refrigerator helps prevent you from just grabbing a coffee or stopping somewhere on your way to work or school. Check out [The Best Tips for an Optimal Breakfast & Morning Routine!](#)

**Create Time:** Schedule time into your morning routine to ensure that you can sit down and enjoy at least ten minutes of breakfast time. Having time to eat breakfast in the morning gives you the energy to kick starts your day.

**Prep, prep, prep!** Pre-making food will allow you to devote more time to other morning necessities. Whether it's freezing pre-cut fruit for smoothies, preparing overnight oats, or making a batch of [hard boiled eggs in the oven](#), prepping your breakfast will make your mornings easier!



### Check out these Back-to-School inspired recipes!

Looking for a quick and easy breakfast? These 3 ingredient **Bell Pepper & Cheese Egg Cups** are simple to make and last up to 4 days— [just reheat them!](#)

Need something on the go? Nothing is better than a jam packed **Breakfast Burrito!** Filled with protein and vegetables, [these are sure](#) to keep you full all morning!

Fall is almost here, and if you're anything like us, you are already enjoying pumpkin anything. Prepare Pumpkin Pie Overnight Oats with Chia to "pre" celebrate the fall season! [Click here for the recipe.](#)

*Did you know that you should always add honey to your breakfast smoothies?* [Read why here!](#)

### Balanced Breakfast:

Oatmeal or yogurt + fruit + flax or chia seeds  
Whole grain toast + peanut butter + banana  
Whole grain toast + avocado + egg  
Breakfast Burritos

Read more about [Breakfast Basics!](#)



## Self Care isn't Selfish!

September is National Self Care Awareness Month! Although self care may look different for everyone, that's the beauty of it! Check out some benefits of self care below that you can incorporate in your routine!

**Exercise for the Brain!** Working out raises our heart rate, which supplies more blood flow to the brain and increases the amount of oxygen that can reach our brain! This results in an increase production of neurons in the hippocampus– the part of the brain that is in charge of learning and memory! Exercise is closely related to a healthy brain! Take some time this month to focus on how you can be physically active. Start now by tackling [Kelsey Wells 5-Minute Strength Workout](#).

**Take a Forest Bath:** *Shinrin-yoku*, or “forest bathing” is a Japanese practice that encompasses walking through an area filled with different shades of green trees and baby blue skies while inhaling fresh air! Create some time to incorporate forest bathing during the month of September! Read more about [Why Forest Bathing Is Good for Your Health](#).

**Yogi See Yogi Do:** Yoga is known to not only increase flexibility and mood but also decrease stress and anxiety! Silence your phone, throw on some comfy clothes and find a relaxing space to participate in these [5-Stress Reducing Yoga Poses \(and Why They Help!\)](#) Looking to up your yoga game? Check out Yoga With Adriene as she guides you along a [10-Minute Yoga for Beginners](#).



Self Care may be time you dedicate to do your favorite activity such as running, hiking, reading a book, cleaning, or painting your nails, but it may also look like saying no, or asking for help.

Self Care reduces anxiety, improves happiness, increases energy, reduces burnouts, and builds stronger interpersonal relationships! Read more about self care [here!](#)

Not sure where to start your September Self Care journey? Well, we're here to help! Download this free [Self Care Calendar](#) to your email reminders (or print it out and put it in a special place!) for daily encouragement to practice self-care!

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!

