

NEWSLETTER

Whole School. Whole Community.

Whole Child.

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Healthy Lifestyles Month

Celebrate Healthy Lifestyles Month!

A Healthy Lifestyle is more than just eating your vegetables or going for a walk, it's about incorporating healthy habits into your everyday life and making them a priority. This includes our mental, physical and emotional well-being.



In schools this approach allows us to encompass the “whole” child. It helps to ensure that a child has their needs met so that they can be focused, ready and excited about learning. It provides them the best opportunity to be successful.

Healthy Bodies– Nutritious school meals, ample physical activity, hydration availability, substance prevention resources, and overall school wellness.

Healthy Minds– School resources, positive school climate, extra curricular activities, coping strategies, and family engagement.

Healthy Earth– Education and events focused around responsibility for the planet.

Healthy Lifestyles Month is a PTA initiative. For more information about the PTA or how you can get involved [click here](#).

“Get Off Your Apps” Initiative

This year the focus of Healthy Lifestyles month is to encourage people to “Get Off Your Apps” and do something! As the weather gets colder, it’s important to stay active and get outside when you can. This initiative is a good excuse to disconnect from your electronic devices and reconnect with yourself.

Think about the Benefits: Too often when we’re asked to give up something we only think of the negatives and focus on the things we’ll miss out on. But it’s important to consider the [benefits of a screen break](#): feeling less stress, improving your relationships, reconnecting with nature and getting more physical activity. Interested in more reasons you should take a break? Check out [Five Reasons to Take a Break from Screens](#).

Make it Easy for Yourself: Find ways to make it easy to walk away from technology by scheduling a certain time each day or forbidding phones in certain places your home. Connect with nature by leaving your phone behind or silencing it while you enjoy fresh air. Learn how to log off [here!](#)

The average person checks their phone 262 times a day, a major increase from the 80 times a day average in 2016

The Guardian, November 2021

It’s time to “Get Off Your Apps” and Go:

***Take a walk *Play disc golf *Ride a bike
*Learn a new sport *Try Hula Hooping *Find
a sculpture park *Roller skate *Visit a new
park *Skateboard *Jump rope**

For more ideas on how to get out and stay active this November [click here](#).

Host a Stress-Free Thanksgiving Holiday

While the holidays bring fun and family they can also bring a lot of stress. This year can be a good time to reset and plan a get together that you can look forward to. Here's some tips:

Keep it simple! This might mean paring down the guest list, streamlining the family meal or keeping our expectations in check. Don't be afraid to simplify— check out these [simple hosting hacks!](#)

Make a Timeline— Think about everything that needs to get done and when. Once you break down the tasks and do some prep work you can ease the pressure on yourself. Check out a sample [timeline](#) that will help your dinner run smoothly.

Delegate— Just because you're hosting, doesn't mean you have to do all the work. This year host a potluck dinner or ask friends or family members to provide the decorations or help with clean-up. Most people want to contribute something so all you need to do is ask! Here's some tactful ways to [delegate on turkey day!](#)

Make new traditions— Sometimes we dread getting stuck in the same old routines. Find some ideas to entertain your guests from [Good Housekeeping](#) or keep the focus on family storytelling with suggestions from [Story Corps](#).

Remember that this time of year is meant to be enjoyed; not agonized about. So before the night is over remember to take a moment to think about what you are thankful for.

THANKSGIVING SAFETY TIPS

Travel & Security	Cooking & Fire
 Make sure to arrive early to ensure you don't miss your flight. 	Be sure to keep a fire extinguisher in the kitchen in case of emergency. 
 Secure all windows and doors to reduce the chance of easy entry.	Wash hands often and DO NOT cross contaminate. 
 Ensure you have your vehicle checked to avoid an unwanted stop.	Check smoke alarms and DO NOT leave food unattended while it is cooking. 

Cooking Corner



Greek- Style Stuffed Peppers— Looking for a new and creative dinner? This easy Mediterranean dish is filled with rice, chickpeas, and plenty of spices to make your family full. Check out the recipe [here](#).

Cheesy Brussels Sprout Bake— Thanksgiving is here! Don't stress about what dish you're going to bring! Check out this simple side dish [here](#).



Almond Butter Apple Cinnamon Baked Oatmeal Cups— Both a breakfast and a treat, these oatmeal cups are filled with the perfect amount of protein. Check out these flavorful cups [here](#).



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 [Michaela](#), for assistance. We would love to hear from you!

