

# NEWSLETTER

*Whole School. Whole Community.*

*Whole Child.*

#2 | February | 2023

## Random Acts of Kindness Week

February 12–18, 2023

Kindness is a word we hear often, but how can we take the word and turn it into action? Join us in celebrating Random Acts of Kindness Week all month long as we inspire others to spread kindness throughout their home, school, and communities.



**Sustainability!** Looking to make being kind a habit? Check out this [2023 Kindness Calendar](#) that may inspire you to complete an act of kindness each day. Kindness matters all of the time, not just during this week!

**School is for Learning AND Kindness!** Check out these *free* CASEL– approved school curriculums that may elevate the way you teach and include social emotional learning in your classroom. [GRADES K-5](#) [GRADES 6-8](#) [HIGH SCHOOL](#). Do you have a unique way you promote kindness in your school? Be sure to share with us!



**One Locker at a Time...** What better way to start off the day then reading a positive note on your locker? Start a committee in your school to share positivity once a month! Check out these [TAG! Your It!](#) cards that you can print out and share with others or create your own!

**Kindness is science?** Did you know that kindness actually reduces stress, anxiety, and depression? Just by doing one act of kindness a day! Share this [inspiring video](#) with your students to get them excited about being KIND!

You can show KINDNESS in so many different ways!  
Check out some ways to be kind to yourself, friends, family, or coworkers.

- |                                 |                                      |  |
|---------------------------------|--------------------------------------|--|
| • Text a positive message       | • Cheer on your teammates            | • Smile in the hallway                                       |
| • Reply to a post you like      | • Send a thank you note to a teacher | • Leave a surprise in your mailbox for your mail carrier     |
| • Give a compliment             | • Shovel a neighbor's driveway       | • Reconnect with old friends                                 |
| • Take a mental health day      | • Leave a positive sticky note       | • Prepare a meal for your family                             |
| • Become a mentor               | • Take the time to listen to someone | • Be kind to your server                                     |
| • Help your parents             | • Run/walk a 5k for charity          | • Write a positive note in chalk at the end of your driveway |
| • Help friends study for a test |                                      | • Buy someone a coffee                                       |
| • Eat lunch with someone new    |                                      |  |



Make kindness a habit! Read more about [8 Effortless Ways to Make Kindness Part of Every Day](#)

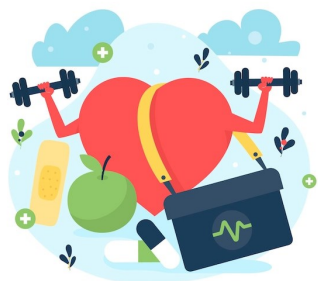


You can change the world with kindness!!

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel" - Maya Angelou*

February is American Heart Month! What can you do this month, and every month, to take care of your heart? Learn more below!

## American Heart Month



**Hearty & Healthy:** When taking care of your heart, it is important to recognize the food you put into your body fuels it. Heart-healthy eating involves choosing certain foods such as fruits and vegetables, while limiting other food such as high fatty foods, added sugars, and alcohol. [Choose Heart-Healthy Foods](#) here! Interested in learning from the professionals? Join the National Heart, Lung, and Blood Institute in their [Getting to know #OurHearts](#) webinar on Friday, February 17, 2023.

**Movement Matters:** Don't worry, this doesn't mean you need to run 3 miles every day. The CDC suggests being physically active at least **150 minutes a week**.

If you think about it, that is roughly 22 minutes a day! Being active shouldn't be dreadful— you can walk, run, swim, bike ride, shovel the snow, take the stairs, and even have a dance party!

**Bye- Bye Tobacco:** Tobacco use and secondhand smoke are extremely harmful to your heart. By quitting, there are immediate and long-term health benefits. Did you know that your heart rate starts to drop 20 minutes after you quit smoking? After 10 years the risk of heart disease is about half that of a smoker. Curious about how to quit? Check out *Tobacco Free for a Healthy New Jersey's* [Tobacco FAQ's](#).

**Control your Cholesterol:** Cholesterol is a waxy, fat-like substance produced by the liver and found in certain foods. The liver makes just enough for a person's body, but often we take in more by the foods we eat. When more cholesterol is ingested, the extra builds up in the wall of the arteries and can lead to heart attack, stroke, or heart disease. [Click here](#) to read more about what cholesterol is.

### How to Protect Your Heart



Actively exercise at least 150 minutes per week



Follow an overall well-balanced diet



See your primary care physician for a yearly physical



Stay hydrated by drinking at least 64 oz. of water daily



Sleep 6-8 hours a night

## Cooking Corner

**Bruschetta**—Looking for a quick and easy appetizer? Check out this delicious and heart healthy recipe [here](#). Who knew the most simple ingredients could be a crowd favorite?



**Honey Mustard Glazed Salmon**—Salmon is a great source of omega-3 fatty acids, making this recipe a delicious and heart healthy dinner. Check out the recipe [here](#).



**Vegan Banana Oatmeal Muffins**— These banana muffins are naturally sweetened with banana and coconut sugar. Top with chocolate chips or chopped nuts. Check out this breakfast or snack [here](#).

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!

