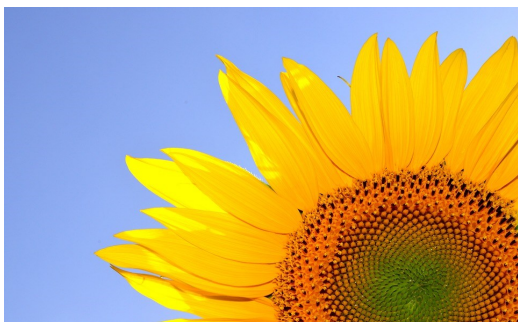


# NEWSLETTER

*Whole School. Whole Community.*

*Whole Child.*

#4 | April | 2023



## Spring into Health and Wellness!

With warmer days ahead of us, April is the perfect time to improve your health and wellness.

Check out the tips below!

**1. Move your body:** This Spring find some ways to implement exercise into your life. Make it social and go for a walk with friends or join your local gym. It is recommended by the [CDC](#) to get at least 150 minutes of moderate activity a week. Try aiming for 30 minutes of exercise 5 days a week.

**2. Eat a healthy diet:** MyPlate suggests to make half your plate fruits and vegetables. Also half of the grains you eat should be whole grains. Learn about the five food groups [here](#).

**3. Get some rest:** Did you know adults need at least 7 hours of sleep every night? Children ages 6 through 12 need 9-12 hours of sleep and teens need 8-10 hours of sleep per night. Use [these tips](#) to make sure you're getting the rest you need!

**4. Stay hydrated:** Staying hydrated has many health benefits. The amount of water you need in a day depends on several factors such as activity level, diet, and weight. See if you're getting enough H<sub>2</sub>O by using this hydration calculator!

**5. Use sunscreen:** Remember to use a broad-spectrum sunscreen that contains SPF 30 or higher and is water resistant. Using sunscreen protects your skin from not only sunburn, but also premature skin aging and skin cancer. For more information check out [The American Academy of Dermatology](#).

**6. Be mindful of your mental health:** Your emotional health is just as important as your physical health. It takes less than 5 minutes to improve your mental health! Test it out by giving this [Take 5 for Self Care activity](#) a try.



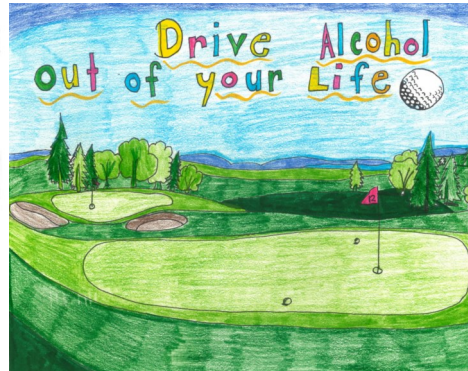
## April is Alcohol Awareness Month!

## Alcohol Awareness

Use this month to talk to your kids about the risks of alcohol use among youth. Not sure how to start the conversation? The [“Talk They Hear You” campaign](#) by SAMHSA can help!

Check out some winning entries by Sussex County students from the 23rd Annual Alcohol Awareness PSA Contest!

View more entries [here!](#)



## Cooking Corner

**Spring Pasta Salad**— This is the perfect pasta salad for Spring. It is a mix of asparagus, fava beans, and fragrant dill with whole-wheat pasta shells. Check out this delicious side to add to any meal [here](#).



**Oatmeal with Fruit**— Spring is the perfect time to start your morning with fresh fruit and oatmeal. Oatmeal can help lower blood cholesterol and research shows whole grains can lower your risk of colorectal cancer. Check out this breakfast or snack [here](#).



**Quinoa Risotto Primavera**— There's no better time than the Spring to incorporate vegetables into your meals. This dish has baby carrots, peas, and onions mixed with Quinoa. Check out the recipe [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!

