

WSSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD. NEWSLETTER

December | 2024

#12

HEALTHY FOR THE HOLIDAYS



HANDWASHING AWARENESS WEEK:

"WHY ARE CLEAN HANDS STILL IMPORTANT?"

The first week of December kicks off National Handwashing Awareness week, and it's the perfect reminder to keep germs at bay this holiday season! Between cooking big family meals, holiday shopping, and gatherings with loved ones, the hustle and bustle of the season can leave us vulnerable to colds and the flu. One easy way to keep you and your loved ones healthy this season is by practicing good hand hygiene thoroughly and often.

According to Cornell Medicine, washing your hands properly includes scrubbing for at least 20 seconds, including between your fingers and under your nails. At times when handwashing may not be convenient, a portable hand sanitizer can always do the job. Implementing this quick and easy practice more often into your day can ensure that you and your loved ones are healthy enough to enjoy all the festivities this season has to offer! Learn more about hand hygiene [here](#).



NATIONAL CALL A FRIEND DAY IS DECEMBER 28!

Celebrated every year on December 28th, National Call a Friend Day is the perfect excuse to pick up the phone and reconnect with your favorite people. Whether it's a chat to catch up, share a laugh, or simply hear a friendly voice, calling a friend can brighten your day and theirs. Did you know that talking to your friends can help you live longer? According to this National Institute of Health study, having close relationships with friends has been proven to lower stress, boost happiness, and improve your immune system, all factors that increase longevity. So if you need an excuse to catch up with an old friend, remember- it's for your health!

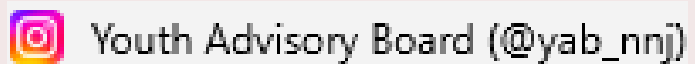


★ ★ ★ ★ ★ YOUTH ADVISORY BOARD SPOTLIGHT ★ ★ ★ ★ ★

At Sussex County Technical School, YAB members teamed up with Incorruptible.US to raise awareness about the dangers of vaping. They promoted health, and wellness by setting up a table during lunchtime to educate their peers on the harmful effects of vaping. Not only did they share important facts and resources on quitting, but they also made the experience fun and interactive by educational wheel with cool prizes. A big thank you to Lily, John, and Jalissa for promoting healthy choices and being leaders at their school!



In November, the Youth Advisory Board dived into two causes they're truly passionate about: recycling and gratitude. They explored topics overconsumption, the environmental effects of vaping, upcycling commonly disposed items, and how practicing gratitude can improve wellbeing. Check out our Instagram [@yab_nnj](https://www.instagram.com/yab_nnj) to see the YAB's tips on how to make an impact on the environment!



REACH OUT TO [RACHELK@CENTERFORPREVENTION.ORG](mailto:rachelk@centerforprevention.org) FOR MORE INFORMATION ON HOW YOUR STUDENTS CAN GET INVOLVED WITH CFPC'S YAB!



THE NORTHERN NJ SCHOOL HEALTH TEAM
WOULD LIKE TO WISH OUR READERS

Happy

HOLIDAYS



COMMENTS & QUESTIONS: EMAIL [TAMARA@CENTERFORPREVENTION.ORG](mailto:tamara@centerforprevention.org)