



In this Edition:
Informative health and
wellness information for our
SPX families!

Winter 2020-2021

SPX Wellness Newsletter

Welcome Back!

Here at SPX, we are very excited to start 2021! Our school wellness committee has some great new members this year, and we are looking forward to sharing some helpful health and wellness tips with you and your family!

We've packed this newsletter with fun, wintery tips to get the new year off to a great start!

Many Blessings!

The SPX Wellness Committee:

Sara Salvini, Food Service Director

Mary Jo Kever, Principal

Alex Baranosky, Assistant Principal

Kyle Martin, Physical Education Teacher

Heather Horton, School Counselor

Emily Stewart, School Nurse



Keeping Healthy:

Continuing to practice healthy behaviors will help give us a fresh new start in 2021. Help keep our school healthy and safe in the New Year by practicing good habits.

- Wear a mask when you are in public or around people you do not live with
- Wash your hands before and after you eat for at least 20 seconds
- Social distance and stay 6 feet from others
- Avoid gatherings of more than 10 people
- Avoid contact with people who are sick
- Use hand sanitizer when soap and water are not available

This institution is an equal opportunity provider.

Staying Active in the Snow!

Winter is here & the white fluffy stuff is back! Here are some health tips when it comes to being outside in the snow or cold weather:

- Layer up. Dressing in layers helps insulate the body without overheating
- Warm up. After coming inside, take off all wet clothes immediately and put on fresh, dry clothes. Covering up your wrists, toes, and ankles helps keep in body heat
- Take frequent breaks. Every 30-40 minutes
- Check for frostbite. Signs of frostbite can include pale, grey, or blistering skin on fingers, ears, nose or toes



Cultivating Joy:



There are so many great ways to cultivate joy each and every day!

- Brighten someone's day with gratitude
- Try cooking a new family recipe together
- Spend some extra time chatting with the ones you love
- Share your talents
- Continue or begin pursuing goals
- Watch a silly movie and laugh
- Enjoy the little moments

Take the time to bring happiness to yourself and the people around you!

Four Active Tips for the New Year!

It is no secret winter can make us all feel blah at times! This past year has reminded us to focus on what we have control of. So much has been delayed or canceled and routines have changed significantly.

Here are four active tips to help you and your family make 2021 a great year!



Socialize:

Building and maintaining social networks is an important way to keep a positive outlook. When you're feeling down, it's natural to want to isolate yourself from others, and even more so this year. But spending time with family, friends, and other people is a sure way to lighten your mood. Try scheduling a weekly zoom or phone call with friends or family. Join an online virtual group to do activities.

Keep a regular sleep schedule:

Research has shown that lack of sleep may lead to anxiety, mood disorders, and depression. To keep a regular sleep-wake cycle, make sure you go to sleep and wake up at the same time every day, even on weekends. Keeping a regular daily schedule will help you as well. It is so easy to just "go with the flow" during a time like this. Keeping a daily schedule will keep you motivated and on task.



Exercise:



Exercise is known to increase your levels of serotonin and endorphins, leading to a happier mood. While it's understandable that many people are less than keen about participating in outdoor activities during these chilly months, keep in mind that there are many ways to keep active while staying indoors.

- Join a gym class virtually or in person
- Walk on a treadmill while watching TV
- Try out YouTube for at home activities
- Eat healthy and get enough sleep to keep your immune system strong

Eat Well:



When you're feeling down, it's natural to want to turn to comfort foods that are loaded with fats and sugars. But constant consumption of these carbs-containing comfort foods can cause weight gain.

Stick to healthier foods that will keep your energy levels up, such as fruits and vegetables, whole grains and foods packed with protein. This will keep you healthy while giving you the energy you need to stay active and social until a brighter season comes along.

2021