

Health and Wellness Newsletter



Health and Wellness Corner

October 25, 2024

Ms. DiMarcello

Talking about mindfulness with your kids helps them understand their feelings better. It teaches them how to handle problems and find ways to cope, which can make it easier for them to deal with stress in everyday life. Students started on-going conversations, and our eighth graders successfully completed an activity on mindfulness. Ask your child to show you some yoga practices we have started in class.

Simple Mindfulness Practices for Kids

1. **Breathing Exercises:** Teach deep breathing—inhale for four, hold for four, and exhale for four.
2. **Mindful Observation:** Choose an object and have your child describe its details to enhance focus.
3. **Nature Walks:** Explore outside, encouraging kids to notice sights and sounds.
4. **Gratitude Journaling:** Have them write down three things they're grateful for each day.
5. **Mindful Eating:** Encourage them to savor the taste and texture of their food during meals.
6. **Guided Meditation:** Use kid-friendly apps for fun, guided mindfulness sessions.

Incorporating these practices and discussing them regularly at home can greatly enhance your child's well-being! Let me know if you'd like more details on any specific practice.

Healthy Halloween Tips

1. **Offer** non-edible treats to trick-or-treaters, like stickers, to help kids with food allergies.
2. **Check** all treats at home before eating, discarding any unwrapped or suspicious items.
3. **Monitor** what your child is eating while out, avoiding hard candies and high sugar.
4. **Ration** candy in the days following Halloween to teach moderation and healthy habits.
5. **Create** a plan for candy consumption that everyone agrees on, promoting balance and mindfulness.

Safety Tips for Trick-or-Treating

- **Accompany Young Kids:** Always go with them. If trick-or-treating is after dark, look for daytime events. The highest risk is from 6 p.m. to 9 p.m.
- **Plan for Teens:** Set a safe route and return time for older kids.

- **Avoid Distractions:** Remind kids to stay focused and avoid texting or music while walking and using crosswalks.

Tips for Parents of Teen Drivers on Halloween

- **Travel in Groups:** Encourage older kids to stick together and use a buddy system.
- **Avoid Strangers:** Remind them never to enter a home or car for treats.
- **Emergency Prep:** Ensure your child knows how to call 9-1-1 or their local emergency number if needed. Review tips to prevent them from getting lost.

Costume Safety Tips

1. **Choose** bright and reflective costumes, and consider adding glow-in-the-dark elements for visibility.
2. **Ensure** shoes fit well and costumes are short to prevent tripping and fire hazards.
3. **Look** for "flame resistant" labels on costumes and accessories.
4. **Avoid** masks; instead, opt for non-toxic makeup and properly fitting hats to keep vision clear.
5. **Steer clear** of sharp accessories and never use decorative contact lenses without a prescription, as they can pose serious risks to eye health.

The Importance of Attending Mass Weekly: Regularly attending Mass is essential for nurturing faith and connecting with the community. It strengthens family bonds through shared values and spiritual growth. Before Mass, consider this simple prayer: **“Dear God, help us to open our hearts to Your word and strengthen our faith as we gather in Your name. Amen.”**

By prioritizing weekly Mass and engaging in meaningful conversations, you strengthen family ties and support both spiritual and personal growth.

IMPORTANT: Practice your home address and phone number with your child.

Recipe Corner: Fall Crock Pot Chili



25 oz cooked 93% lean ground beef or turkey
 2 cans Italian diced tomatoes
 1/2 cup Hunts tomato sauce
 1/2 cup water
 1/2 cup green peppers, diced
 1/2 tsp garlic powder
 1 tbsp + 1 tsp chili powder
 1 tsp cumin
 1/2 tsp black pepper
 3/4 tsp salt

Topping: Avocado (optional)

Directions: Combine all ingredients in a crock pot. Cook on LOW for 5 to 6 hours.