



Wellness Newsletter

— from the school nurse

December is Handwashing Awareness Month

Washing your hands is a simple and effective way to prevent and reduce the spread of illnesses; not only does it keep you safe but those around you as well.

According to the Centers for Disease Control and Prevention (CDC), handwashing is one of the best ways to prevent the spread of germs as well as stop respiratory and diarrheal infections.

Tips to remember...

- Wash your hands often. Especially before meals, after using the restroom, and when you touch contaminated objects.
- Wash your hands for at least 20 seconds. Make sure you work up a good lather and wash not only your palms but the back of your hands and in between your fingers.
- Any type of soap works just fine. It is actually better to not use antibacterial soap or to overuse hand sanitizer as it may lead to bacterial resistance.

**Be an encourager.
The world has plenty of
critics already.**

Reducing Holiday Stress

Did you know that organization can decrease stress? Here are a few organizational tips that can help you feel less stressed during the holiday season.

- Don't wait until the last minute to get your shopping done. Try online shopping from the comfort of your couch!
- Wrap your presents as you buy them.
- Prepare for the next day before going to bed. Try to pick out your clothes for the next day. Also, pack your school bag and place items by the door to make the morning less hectic.
- Meal prep on the weekend or even a slow weekday so you can have fuel for the week. Try packing healthy lunches as they provide the energy and nutrients your body needs. Don't forget your water.

Monthly Tip

— *unplug* —

Disconnect from unnecessary technology

Challenge yourself to not use your phone during a certain times of the day (e.g. meal time or bedtime)

monthly Recipe



SLOW COOKER BEEF STROGANOFF

Serves 6-8

- 1 1/2 pounds boneless sirloin steak, cut into thin strips
- 1 teaspoon kosher salt
- 1 teaspoon dried dill
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 16 ounces baby bella mushrooms, sliced
- 1 1/2 cups low-sodium beef broth, divided
- 3 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1/4 cup cornstarch
- 1 cup plain whole milk Greek yogurt (do not use nonfat or it will curdle)
- 8 ounces egg noodles

Grease the bottom of a 6-quart or larger slow cooker with nonstick spray. Add the sirloin and sprinkle with salt, dill, black pepper, garlic powder, and onion powder. Stir to coat the meat.

Add the mushrooms, 1 cup beef broth, Worcestershire, and Dijon. Cover and cook on high for 2 to 3 hours or on low for 5 to 7 hour, until the beef is cooked through and tender. (If you prefer firmer mushrooms, wait to add them until about halfway through the cook time.)

Stir the cornstarch together with the remaining 1/2 cup broth to create a slurry. Stir the mixture into the slow cooker. Cover and cook on high for 20 minutes, and then stir in the Greek yogurt. Re-cover and cook on high for an additional 10 minutes.

While the stroganoff finishes cooking, cook the noodles according to package instructions. Stir into the slow cooker or pile separately into bowls and ladle the stroganoff over the top. Serve immediately.