



Wellness Newsletter

— from the school nurse

February is American Heart Month

Heart disease is the leading cause of death for both men and women in America. According to the American Heart Association, “In most cases, heart disease is preventable when people adopt a healthy lifestyle.”

Try making one or more of the lifestyle changes listed below.

- Move more: Aim for 30 minutes a day, 5 days a week. Even try 10, or 15 minutes a few times a day, since some physical activity is better than none.
- Eat healthy foods: A healthy diet that is low in sodium and saturated fat is key to heart disease prevention.
- Aim for a healthy weight: Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes.
- Quit smoking: The chemicals in tobacco smoke harm your heart and blood vessels in many ways.
- Reduce stress: Stress can contribute to high blood pressure and other heart risks.
- Improve sleep: Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–8 hours of sleep a night.

You can “rewire”
your brain to be happy by simply
recalling 3 things you’re grateful for
every day for 21 days.

Love is in the Air

Valentine’s Day reminds us to celebrate love and relationships. Yet, we often don’t think to celebrate loving our own self. Self-love means that you accept yourself fully, treat yourself with kindness and respect, and nurture your growth and well being. Self love is critical to our overall well being.

Self love in action can look like this...

- Saying positive things to yourself
- Setting healthy boundaries
- Forgiving yourself when you mess up
- Prioritizing your health and wellbeing
- Spending time around people who support you and build you up
- Asking for help
- Letting go of grudges or anger
- Valuing your feelings
- Holding yourself accountable
- Accepting your imperfections
- Noticing your progress and effort
- Being vulnerable with others

Monthly Tip

— nourish —

Focus on something other than food that fills you up.

Take time to compliment yourself, pamper yourself, and think positive thoughts.

monthly Recipe



EASY CHICKEN NOODLE SOUP

Serves 8 (Serving size- 1.5 cups)

- 2 tsp. olive oil
- 1/2 cup chopped onion (approx. 3/4 medium)
- 2 cups sliced celery (approx. 5 medium stalks)
- 8 cups chicken broth
- 1 tsp. dried oregano leaves
- 1/2 tsp. sea salt (or Himalayan salt)
- 1/2 tsp. ground black pepper
- 1 1/2 cups sliced carrots (approx. 2 medium)
- 1 1/4 cups dry whole grain pasta
- 3 cups cubed cooked chicken breast, boneless, skinless
- 1/4 cup chopped fresh cilantro

Heat oil in large saucepan over medium heat.

Add onion and celery; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.

Add broth, oregano, salt, and pepper. Bring to a boil, over high heat, stirring occasionally.

Add carrots and pasta; boil, stirring occasionally, for 8 to 10 minutes, or until pasta is tender. Remove from heat.

Add chicken and cilantro; mix well.