



ELMA ELEMENTARY  
School-Based Health Center



Capital Region  
ESD 113



# SCHOOL-BASED HEALTH CENTER

## QUARTERLY NEWSLETTER

### MENTAL HEALTH TIPS FOR WINTER:

#### ● Watch Your News Intake

If you feel negatively impacted by the news, limit your exposure to 15 minutes and then shift your attention to a show or movie you enjoy. Apply the same mindset when scrolling through social media!

#### ● Start a Gratitude Journal

Write down one thing you are grateful for at the end of each day. It can be as minor as the sandwich you had for lunch! After a while, you will start paying more attention to the happier moments!

#### ● Bundle Up and Go Outside

Regular exercise is not only healthy for your body, it's healthy for your mind! Moderate exercise can boost your energy, help your sleep, and improve your mood. So grab your jacket and get outside!

#### ● Meditate

Meditating once a day in the morning or before bed can help keep you grounded and ease your mind. YouTube offers guided meditations specific for sleep, anxiety reduction, positive affirmations, and more.

#### ● Stay Connected

It is easy to stay isolated once the days get colder and darker. Invite a friend over for a movie night or schedule a Facetime call to stay connected with loved ones!



### LOCAL PLACE TO VISIT:

## SCHAFER STATE PARK

1365 W Schafer Park Rd, Elma, WA 98541

Hours: 8 am to dusk

Schafer is a state and national historic site designated by the Washington Heritage Register and National Register of Historic Places. Interpretive exhibits highlight the history of the original homesteaders and the area's logging industry. The "Life of the River" exhibit explains flooding, geology, fish habitat and other features at the park.

## WINTER ACTIVITIES FOR KIDS



### Explore a local park or trail!

Hiking is great exercise! Look for wildlife and draw what you saw once you get home!



### Go on a scavenger hunt!

Create a list of items (pinecones, rocks, seeds) give everyone a basket and head out!



### Snow day fun!

Dress for outdoor exercise and try sledding, ice skating, and making snow angels!



## MOVIE NIGHT WITH THE PTA

We highlighted the importance of adding a variety of vegetables to our daily food during movie night. We thank the PTA for inviting the Elma SBHC and East County Thriftway for providing the fresh veggies!

## UPCOMING DATES OF SERVICE:



### VISION SERVICES:

Dec. 4 | Dec. 5



### DENTAL SERVICES:

Jan. 17 | May 14



### MEDICAL SERVICES:

Dec. 8 | Jan. 12 | Feb. 9



### ORAL HEALTH SCREENING:

Apr. 26

If you would like more information or need assistance in completing your SBHC registration forms, please call the SBHC at: **360-482-1815** or email **ElmaElementarySBHC@esd113.org**

## 2024 Health Insurance Open Enrollment

● **December 1:** Open Enrollment

● **January 15:** Last day to enroll

For questions or additional assistance, please call **1-800-318-2596** or visit **HealthCare.gov/blog/**

## TEACHER HIGHLIGHT!



### SEL SPECIALIST - KAREN SPOONHOWARD

Karen Spoonhoward, aka Ms. S, feels blessed to work with Elma Elementary Kindergarten - 5th Grade students as the Social Emotional Learning (SEL) Specialist. She graduated from Western Governors University in December 2022 with a Master of Arts in Teaching. Her professional journey includes many years as a social worker and a short time providing mental health crisis response services.

**A Note from Ms. S:** "I am delighted to help foster a lifelong love of learning and to encourage positive social-emotional interactions."

## ITALIAN WEDDING SOUP

Serves 6 | TOTAL TIME: 20 min

- 2 Tbsp olive oil
- 1 1/2 cups chopped yellow onion
- 2/3 cup chopped carrot
- 2/3 cup chopped celery
- 2 Tbsp minced garlic
- 6 cups chicken broth
- 6 oz orzo
- 2 Tbsp chopped oregano
- Salt to taste
- 24 cooked chicken meatballs
- 4 cups spinach
- 1/3 cup grated parmesan



### Step 1

Heat oil in a large pot over medium high heat. Add onion, carrot, celery, and garlic. Cook until the onion is translucent.

### Step 2

Add broth, cover, and bring to a boil. Add orzo, oregano, and salt. Cover and cook until the orzo is tender, about 9 min.

### Step 3

Stir in meatballs and spinach, cook until meatballs are heated through and spinach wilts.

### Step 4

Sprinkle with parmesan and enjoy!

