



PATTONVILLE SCHOOL DISTRICT NEWSLETTER

NUTRITION

Nutrition Resources

August is a busy month and people are often so distracted they don't hear their body when it tells them they are hungry. Food fuels the body and helps keep us energized throughout the whole day. Pattonville food service offers a daily menu for staff members, don't skip a meal because you are too busy and forget to pack a lunch. Order a staff meal in the morning before 9:00am, find the order form at www.psd3.org > Staff > Staff Lunch Order. Also check out the Pattonville Food Services, [Discovery Kitchen & Nutrition Resources](#) page to find monthly nutrition tips as well as nutrition activities to use in the classroom or at home with your family.



Staff Lunch Order Form



Discovery Kitchen

RESOURCES

PSD Benefits Open Enrollment

Open enrollment for Benefits effective October 1, 2023 starts on Tuesday - August 23, 2023. [This is mandatory for everyone to complete](#), even if there are no changes.

All coverages not re-elected will be dropped effective October 1, 2023.



PSD Open Enrollment

TECHNOLOGY

Digital Wellness

Did you know we have a [PSD Digital Wellness Website](#)? Click the link or scan the QR Code for help finding balance in your digital world.



Digital Wellness

PHYSICAL

Family Fun Month Ideas

Both adults and kids should incorporate regular physical activity into their daily routines to maintain a healthy lifestyle. Research has shown that spending quality time together as a family can improve parent-child relationships and promote belonging, support communication, and even increase self-esteem and social skills. Regular physical activity can prevent health conditions like obesity, heart disease, and diabetes, while promoting healthy weight, strong muscles and bones, and longer life expectancy. **Let's Move!**



Active Families

MINDFULNESS

Mindful Goal Setting

The beginning of a new school year can bring lots of feelings. Making time for self care is important for mental health. Setting a mindful goal for yourself can help maintain balance within.

How will you make mindfulness a part of your daily routine?

- Daily Affirmations
- Tapping
- Journaling
- Focus on your breathing
- Senses: find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste
- Enjoy music, nature, audiobooks, etc.
- Relax with essential oils, coffee beans or something else that soothes you
- Indulge on a piece of chocolate, mint, coffee, tea, etc
- Escape with a YouTube video of a favorite scenery
- Go for a walk or change the scenery

EMOTIONAL/MENTAL HEALTH

Mental Health America

Educators - As you head back into the classroom and the 23-24 school year, remember to Protect Your Mental Health!

- Set boundaries early on and hold them
- Focus on what you can control.
- Move your body.
- Stay in touch with friends and family.
- Keep up with self-care.
- Maintain reasonable expectations for yourself and others.
(Mental Health America)



Mental Health America



PAS Program

Mental Health America offers an online screening tool to determine whether you may be experiencing symptoms of a mental health condition. Remember to access our all-encompassing [PAS Program](#) for assistance and resources!

Set yourself up for success by making your goal a priority. When will you practice taking a moment for yourself everyday? When you have decided on that time, lock it in! Set a timer on your phone, write it on a post-it and put it somewhere visible, find a mindful buddy to keep each other accountable, add it to an existing routine. Do whatever you think you need to do to help keep your mental health at the top of your list. Good self-care has a positive ripple effect to all of those around you, too.