



# PATTONVILLE SCHOOL DISTRICT NEWSLETTER

## NUTRITION

### Healthy Choices for Thanksgiving

The average American consumes an excess amount of saturated fats, sodium, and sugar especially during the holiday season. Increased saturated fats and sodium intake increases the risk of developing chronic heart disease. We want to celebrate our holidays without compromising the flavors! Check out the healthy recipe substitution chart to see how you can cook the recipes you love in a healthier way!

[Healthy Recipe Substitutions Chart](#)

## RECIPE

### Thanksgiving Recipe

Click the link below for Ruth's Chris Sweet Potato Casserole recipe.

[Sweet Potato Casserole Recipe](#)



## MINDFULNESS

### Attitude of Gratitude

Mindfulness allows us to pause and find gratitude in the here and now. One of the most powerful ways to rewire the brain for more joy and less stress is to focus on gratitude.

There doesn't have to be anything special going on in order to practice gratitude. Maybe it's as simple as feeling grateful for your morning drink, or for the seasonal changes. Some days, it feels hard to find gratitude. Try to tune into your senses.

Explore the Gratitude Mindfulness Practice from to appreciate the little things. Use your breath to anchor yourself in the present. Bring your attention to feeling the breath, or something in the body. Bring your shoulders down and orient your attention toward gratitude.

[Gratitude Mindfulness Practice](#)



We thank the Pattonville School District for a successful Pink for a Purpose T-shirt fundraiser! 100% of the profits were donated to help PRG support families dealing with breast and gynecological cancer.

[PRG Pink Ribbon Good](#)

## PHYSICAL

### Feeling Blue? Say, Thank You!

Gratitude benefits physical health such as cardiovascular health, stress and inflammation, pain perception and sleep. Studies have found that focusing on things to be grateful about before bed each night increased pre-sleep calmness. People who kept a gratitude journal for 14 days reported fewer headaches, clearer skin, less stomach pain and reduced congestion. [A "Thnx" a Day Keeps the Doctor Away](#)

## RESOURCES

### A Few Words of Gratitude..

Pattonville is fortunate to have an incredible team of staff members both inside and outside the classroom who have our students' academic and social-emotional well-being at the heart of everything they do. We encourage you to take a few moments to send a word of thanks and encouragement to a staff member who has made a difference in your life or the life of your child or family. Here's how: [Send A Gratitude Card](#)

### Pattonville Sydney Health Overview

- Register for your Anthem.com
- Sign in to the Sydney Health app
- Find your ID cards
- View claims status
- Get virtual care or find in-person providers
- Support for your day-to-day health

[Pattonville Virtual Care Overview](#) through Anthem, accessed within the Sydney Health app

- Check symptoms
- Chat with clinicians
- Schedule virtual appointments



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