



# PATTONVILLE SCHOOL DISTRICT NEWSLETTER

## NUTRITION

### Healthy Choices for the Holidays

The holiday season has begun, and it is easy to overindulge on appetizers and treats during social gatherings. Check out the link for healthy tips and choices for holiday parties.

[Helpful Tips for Healthy Holiday Parties](#)

## RECIPE

### Holiday Festivities Recipe

Click the link for Chef Amanda's Snowman Charcuterie Board recipe.

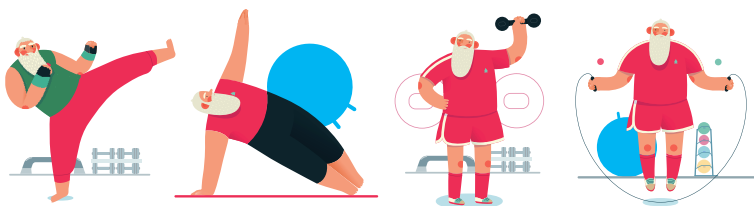
[Snowman Charcuterie](#)



## PHYSICAL

### Staying Active During the Holidays

The holiday season keeps us busy. Even if you only have a few minutes moving your body a little is better than not moving at all. [Holiday Health](#)



## B-W-E-L-L BINGO CHALLENGE

"the buzz around  
the district is..."



Scan to Open



## RESOURCES

### Mammo-Gram-Athon

Pattonville School District's Annual Mammo-Gram-Athon is Tuesday, January 2, 2024, from 7 am to 5 pm at SSM Health DePaul Hospital Breast Center.

See the flyer for registration details.

[Mammo-Gram-Athon Flyer](#)

### Sydney Health Flu Season

Flu Season and the holidays can make you wonder if your sniffles are the common cold or worse. Your Sydney Health app for 24/7 virtual care and support to visit with a doctor.

[Sydney Virtual Care & Support 24/7](#)

If you have not received your flu shot, you can still get one at CareATC at 800.993.8244.

[CareATC Providers](#)

