



PATTONVILLE SCHOOL DISTRICT NEWSLETTER

RECYCLING

What you can put in your blue trash can.

[Click Here to Become a Recycling Superstar!](#)

In 2024, our daily lives will produce a lot of trash and recycling. See what we can recycle:

- ▶ [Know What to Throw](#)
- ▶ [Are To-Go Cups Recyclable?](#)
- ▶ [Are my Takeout Containers Recyclable?](#)
- ▶ [More Interactive Resources](#)



EARTH MONTH & DAY

Earth Month Ecochallenge 2024: To foster and reinforce positive habits, you're invited to select actions that resonate with your values and commit to them.

Click the link to participate in the [EcoChallenge 2024](#), "Conserving Every Ecosystem, Caring for Every Creature."

Earth Day 2024 is April 22

[Here are 10 Ways to Celebrate Earth Day](#)

ALLERGY SEASON

Breathe Easy with Allergies

Schedule an Appointment to create a plan to manage seasonal allergies with your CareATC provider.

Three easy ways to schedule an appointment:

☎ **314.314.7434** 🖥 www.careatc.com/patients

📱 CareATC app



Show Me
The App!



PATT-00086

PHYSICAL

Keep yourself and the planet healthy with fun ways to connect with nature as you work out.

[5 Ways to Connect with Nature](#)



MINDFULNESS

Earthing

Earthing is a technique that reconnects us to the Earth's electrical energy. Through putting our body in direct contact with the Earth's surface can promote health benefits.



Possible benefits of Earthing:

- Pain & inflammation reduction
- Decrease in anxiety & stress
- Better cardiovascular function
- Improved mood & energy
- Try this Earthing Meditation!

[Try this Earthing Meditation!](#)

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