

Hello LGPS Families!

The time has come for our next monthly health focus! Remember to return September's water drinking challenge form beginning October 1, so your child can be recognized. During the month of October, we're going to be focusing on staying positive and sharing that positivity! This specifically keys into our students' mental health but it does have physical health benefits too!

Believe it or not, there are physical benefits to having a positive outlook or mindset. These include a longer life span, stronger immune response, lower pain levels, improved heart health, and reduced blood pressure. Mentally, there are benefits as well such as stronger problem solving and decision making skills, lower stress levels, better coping skills, easier time adapting to life changes, improved moods, fewer incidences of anxiety and depression in later years, and increased creativity!

I will be speaking with students on what this all means and how they can work on this using positive self talk, gratitude, smiling more, complimenting others, etc. I encourage you to work with your student's at home as well as they learn best with repetition and modeling behavior.

In order to help keep track of this, I'm sending home a chart on the back of this letter. Stick it on your fridge, the pantry door, or somewhere you will be reminded daily. At the beginning of the following month, a new chart will come home with a new goal to focus on for that month.

There will be a prize for each student who completes and returns their chart at the end of each month. There will also be a grand prize for each student who completes and turns in every month's chart at the end of the year (Sept-April)! Remember, encouraging good routines and healthy habits sets our students' health for the rest of their lives.

Samantha Labanowski
School Nurse

Name _____

Teacher _____

OCTOBER

Simply circle a heart for each time you did something positive that day.

Day 1 



Day 2 



Day 3 



Day 4 



Day 5 



Day 6 



Day 7 



Day 8 



Day 9 



Day 10 



Day 11 



Day 12 



Day 13 



Day 14 



Day 15 



Day 16 



Day 17 


Day 18 


Day 19 


Day 20 


Day 21 


Day 22 


Day 23 


Day 24 


Day 25 


Day 26 


Day 27 


Day 28 


Day 29 


Day 30 


Parent Signature _____ Date _____

**** Due back to school starting November 1****