Wellness Newsletter

FROM THE WELLNESS COUNCIL







Happy Fall!

The Wellness Council is super excited to welcome in a new season! Some wellness reminders as we start the school year:

- Suicide Hotline is 988
- A school counselor will be in the commons for
- the "Counselor's Corner" during 3rd period/all lunches
- The Math Help Center (251), Library, and Guidance Office are great places to go if you have questions or need help with homework!
- Never be afraid to reach out! People are always here for you!



Spotify Playlist: Favorites of Fall

https://spotify.link/f7NN3zMPRDb

Fall Fever

The seasonal cold and flu is back and our immune system struggles due to the temperature drop and a lack vitamin D exposure. Try your best to keep healthy during this fall fever by dressing for the weather, washing your hands, and staying hydrated! We recommend enjoying colder days inside with warm meals and a good fall movie! (When Harry Met Sally is my personal favorite)!

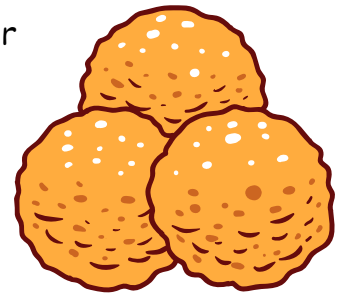
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Pumpkin Oatmeal Energy Balls:

Ingredients:

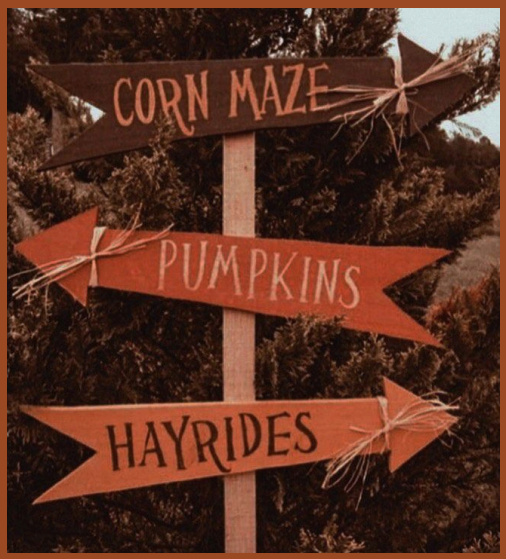
- 2 cups dry, uncooked oatmeal
- 1/2 cup all-natural peanut butter
- 1/2 cup pumpkin puree
- 1/4 cup chia seeds
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/2 cup chocolate chips



Directions:

- In a medium bowl, add oats, peanut butter, pumpkin, chia seeds, honey, vanilla, and cinnamon.
- Mix well then add chocolate chips
- Roll into golf ball sized balls and put in the freezer for 1-2 hours
- Take out and enjoy!!

Don't let the weather slow you down! Try these fun activites:



- **Rake leaves** at your house or for a neighbor. This is a great way to be outside, take a break, make some easy money or help others!
- Training for the **YMCA Turkey Trot** on November 28th keeps you active and gives you a fun goal to complete!
- Going to a **pumpkin patch** or **farmer's market** is a great chance to lift heavy weights (pumpkins) and be outside while the weather changes!

