

# STUDENT SERVICES

October 2025

## From the Counselors

October is Bullying Prevention Month, a time dedicated to raising awareness and encouraging action against bullying. For us at NVCA, this is an important opportunity to reflect on how we treat one another, guided by the teachings of Jesus. Our faith calls us to love our neighbors as ourselves and to be a light in the world. As a school community, we're committed to creating a safe, loving environment where every student feels valued and respected. During this month, we'll focus on kindness, empathy, and understanding, remembering that we are all created in God's image. Let's work together to stand up for one another and ensure our school is a place where love prevails over all else.

Dyslexia  
Awareness Day  
is October 8



Thank you for joining  
us at the Unified  
Soccer game last  
month!

## From our Math Interventionist

Math is a place where mistakes turn into stepping stones. Students are encouraged to keep trying, keep practicing, and keep trusting that God has given them the ability to grow and succeed.

In math, mistakes are proof that we're learning. With God's help, every challenge becomes an opportunity to learn and grow!

## FROM THE HEALTH OFFICE

### WAYS TO BOOST YOUR IMMUNE SYSTEM

#### 1. Eat Your Superfoods

Fruits and veggies give your body superhero fuel.

Eat lots of colors like:

- Red strawberries
- Green broccoli
- Orange carrots
- More colors = more power!

#### 2. Get Your Sleep Power

Your immune system recharges while you sleep!

Kids need 9-12 hours of sleep every night.

- Early bedtime = stronger you!

#### 3. Play Every Day

Exercise helps your body fight off germs.

Run, jump, dance, or ride your bike!

- Play = power boost!

#### 4. Laugh Out Loud

Laughing helps your body feel great and stay strong!

- What is the coolest vegetable? A rad-ish

#### 5. Wash Those Hands

Soap + water = germ busters!

Scrub for 20 seconds (sing "Happy Birthday" twice).

Wash before eating and after using the bathroom.

#### 6. Get Sunshine (Safely!)

The sun gives your body Vitamin D, which helps your immune system.

Just 10-15 minutes a day is great!

#### 7. Drink Lots of Water

Water helps your body stay clean and strong!

Drink water with every meal!

#### 8. Try Tasty Superfoods

Some yummy foods help your immune system:

- Garlic
- Honey (only if you're over 1!)
- Yogurt

#### 9. Stay Happy & Relaxed

Your body fights better when you're calm.

Take deep breaths, read a book, or talk to someone when you're upset.

Happy mind = healthy body!

October is ADHD Awareness Month

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