

Next meeting
February 10, 2026

Cuero ISD SHAC



November 2025

Quarterly Newsletter

School Health Advisory Council

The School Health Advisory Council (SHAC) is a group of people from different areas of the community, parents, Cuero ISD staff and students. The purpose of SHAC is to assist the district in ensuring that local community values are reflected in health education instruction.

Up Coming Events

Christmas in the Park Walk
December 2nd, 2025 at 6:30
PM

**DID YOU
KNOW?**

Cuero ISD Student Services works with families to fulfill social service needs for our students.

Thanksgiving Tips

3 WAYS TO THAW A TURKEY

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:
Safe to store the turkey for another 1 - 2 days in the refrigerator.
This is the USDA recommended thawing method.
How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:
Cook immediately after thawing.
How to thaw:
Submerge the bird in cold water & change every 30 mins.

Microwave:
Cook immediately after thawing.
How to thaw:
Use defrost function based on weight

DID YOU KNOW?
It's safe to cook a frozen turkey though cooking time will be 50% longer!

For more information on safe thawing methods, visit fsis.usda.gov

USDA
United States Department of Agriculture
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

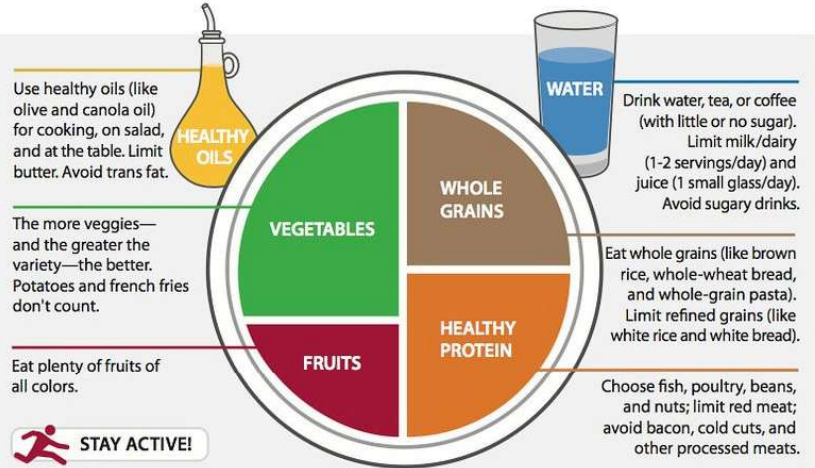


STAYING HEALTHY WHILE AT HOME

- stay connected:**
 video call, phone, or text your friends and family
- exercise from home:**
 ~check out Humber Athletics at "humberathletics.ca"
 ~check out YouTube for free workout videos
- identify something you're grateful for every day!**
- end your day with self-care:**
 ~have that last stretch
 ~try meditating
- prioritize your sleep:**
 National Sleep Foundation recommends 7-9 hours for students
- find a hobby:**
 ~on your own or through an online class
 ~try out cooking at home
- go on walks:**
 get some fresh air and exercise (in a physically distant way)
- stay hydrated:**
 drink water regularly



HEALTHY EATING PLATE



INVEST in your MENTAL Health

Shout out to our Bully Busters at Hunt Elementary

am I being bullied? kids help line anytime.anyreason.

START HERE!

Was it deliberate/on purpose?
 Yes No → **rude behaviour**
 Saying or doing something hurtful that wasn't planned or meant to upset someone

Was it personal/targeted?
 Yes No → **conflict**
 Saying hurtful things on purpose due to heightened emotions as part of a disagreement

Was it said in anger?
 No Yes → **mean**
 Saying or doing something hurtful to someone on purpose once or twice

Was it part of a fight with a friend?
 No Yes → **bullying**
 Someone more powerful saying or doing something hurtful to someone on purpose, over and over again

Has it only happened once or twice?
 No Yes → **bullying**

Does the person doing it have 'more power' than you? e.g. more popular, older, stronger
 Yes No → **bullying**

scan here to find out more!



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