ROCORI Health and Wellness Digest

Brought to you by the ROCORI Wellness Committee January 2026

Important Dates:

1/01 - 1/02 - No School	1/20 - Blood Drive - RHS Gym
1/14 - One Hour Late Start	1/28 - One Hour Late Start
1/19 - Professional Development, No Students; Martin Luther King, Jr. Day	National Blood Donor Month
1/19 & 1/21 - Middle and High School Conferences	National Braille Literacy Month

Seasonal Illness Update: Cold, Flu, and Winter Viruses

Winter brings an increase in respiratory illnesses like colds, influenza, RSV, and strep throat. To help protect classrooms and families:

- Encourage frequent handwashing with soap and water.
- Keep students home if they have a fever, vomiting, diarrhea, or are too fatigued to participate.
- Teach children to cover coughs and sneezes with their elbow or a tissue.
- Remind students not to share food or drinks.
- Keep high-touch items (water bottles, lunchboxes, devices) clean.

A few preventative steps now help reduce illness throughout the season.

Wellness Captains

- Jessica Miller - District Nurse - millerj@rocori.k12.mn.us
- Chris Barker - Director of Food Services - barkerc@rocori.k12.mn.us

Newsletter created by Ali Anderson (CSE)

Welcome Back: Starting the New Year Strong

January brings a fresh start, and we're excited to welcome everyone back after a well-deserved winter break. The shift from holiday schedules back into school routines can take a little time, but small steps—like consistent bedtimes, simple breakfasts, and preparing for the next day—help students ease into the new semester with confidence.

This is a natural moment to reset habits, reflect on what worked well in the fall, and make small adjustments that support smoother days. Building in a few minutes of family connection, encouraging positive routines, and celebrating progress all contribute to a strong start.

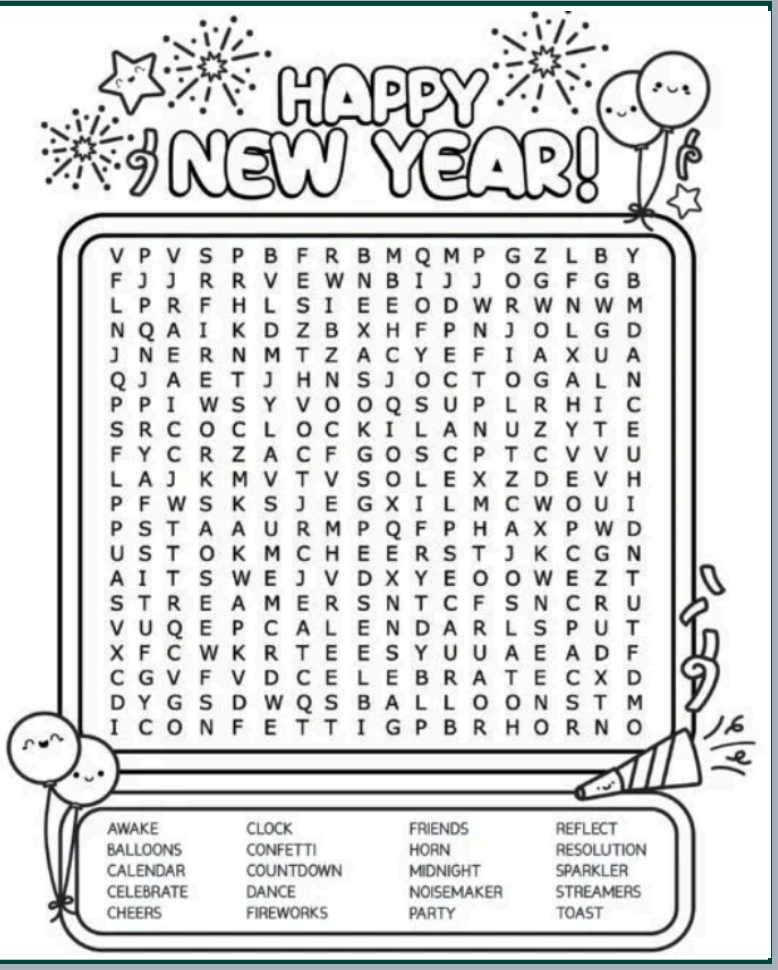
As we begin 2026, we're grateful for our supportive community and look forward to the learning, growth, and connection ahead. Let's make this semester healthy, balanced, and strong—together.

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National Blood Donor Month

January is National Blood Donor Month, a time dedicated to recognizing the lifesaving impact of blood donors and reminding communities that the need for blood never pauses—even when winter weather and busy schedules make donations drop. Across the U.S., someone needs blood every two seconds, yet only a small percentage of people donate each year. Blood donations support a wide range of patients, from those recovering from accidents or surgeries to individuals undergoing cancer treatments, which account for a large portion of national blood use. This month is a great opportunity to learn about the donation process, encourage eligible friends and family to give, or consider donating yourself. Even one donation can make a meaningful difference and help strengthen the health and resilience of our entire community.



Complete the word search and submit for a chance to win a prize!

Name: _____

Phone #: _____ 01/2026

Cozy Winter Vegetable Soup

Ingredients:

- 1 tbsp olive oil
- 1 yellow onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 3 cloves garlic, minced
- 1 zucchini, chopped
- 1–2 potatoes, diced
- 1 can (14 oz) diced tomatoes
- 4 cups vegetable broth
- 1 tsp dried thyme
- 1 tsp dried basil
- Salt & pepper to taste
- Optional: shredded chicken



Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery; sauté until softened.
2. Stir in garlic and cook for 1 minute.
3. Add zucchini, potatoes, diced tomatoes, broth, herbs, salt, and pepper.
4. Bring to a boil, then reduce heat and simmer for 20–25 minutes, or until veggies are tender.
5. Add optional pasta or chicken if desired.
6. Serve warm with bread or crackers.

A perfect way to end the winter day!