ROCORI Health and Wellness Digest

Brought to you by the ROCORI Wellness Committee Spring 2026

Important Dates:

4/21 - Administrative Professionals Day	5/4-5/8 - National Teacher Appreciation Week
4/28 - School Bus Driver Appreciation Day	5/6 - School Nurse's Day
5/1 - School Lunch Hero Day	5/25 - Memorial Day / No School
5/2 - National Fitness Day	5/28 - Last Day of School

Move More, Feel Better

Spring is the perfect time to get moving and refresh your routine. As the weather warms up and the days get longer, even small changes can make a big impact on how you feel. Taking a walk before or after work is a great way to enjoy the fresh air, and adding a quick stretch break during your shift can help reduce stiffness and improve focus. Choosing the stairs when possible is another simple way to build more movement into your day, and setting an achievable goal—like 5,000 to 10,000 steps—can help keep you motivated.

Regular movement doesn't have to be intense to be effective. Even short bursts of activity throughout the day can boost your energy, improve your mood, and reduce stress. The key is consistency—find what feels manageable and build from there.

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)

Stay Healthy This Summer

Summer break is a great time to relax and recharge, but it's also important to keep healthy habits going. With more flexible schedules, it can be easier to stay active—whether that's going for walks, playing outside, or trying something new. Keeping a consistent routine, even a loose one, can help maintain energy and balance throughout the day.

Be mindful of staying hydrated, especially in the warmer weather, and continue to prioritize balanced meals and regular snacks. Getting enough sleep is just as important, even when bedtimes shift a bit during the summer months. A little planning and consistency can go a long way in helping you feel your best all summer long.

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Fueling Your Body-- With Intention

What you eat plays a big role in how you feel throughout the day. Making small, intentional choices can help support your energy and overall well-being. Adding more fresh fruits and vegetables to your meals is a simple way to boost nutrients, while staying hydrated—aiming for about 6–8 glasses of water a day—can help with focus and energy. Packing healthy snacks can also keep you fueled between meals and prevent energy crashes.

It's just as important to stay consistent with meals, even on busy days. Skipping meals can leave you feeling tired and unfocused, so try to plan ahead when you can. Balanced, regular nourishment helps your body (and brain) perform at its best.



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

Name: _____

Phone #: _____ Spring 2026

Key Lime Energy Bites

Ingredients:

- 1 cup raw cashews
- 1 cup soft pitted Medjool dates (about 10 large dates)*
- ½ cup fine shredded unsweetened coconut
- Zest from 1 lime
- 2 tablespoons fresh lime juice
- ½ cup fine shredded unsweetened coconut, for rolling

Instructions:

- Add all ingredients except the extra shredded coconut to a food processor and pulse until ingredients are well combined and sticky. Roll into 14 balls.
- Next roll in shredded coconut if desired and place in an airtight container in the fridge for up to 1 week.
- Feel free to freeze these for up to 3 months.



Becoming Healthier and Stronger Together: Staff, Students, and Families