



VOLUME 4
SEPTEMBER 2026

The ROVER RECHARGE

Caring for Ourselves Together

"Don't get so busy making a living that you forget to make a life." Dolly Parton

You Can't Pour From an Empty Cup: EAHS and PBIS Staff Wellness Takes Flight

HS Staff Wellness Committee

At Easton Area High School, we know that wellness isn't just something we encourage for our students—it's something we need to prioritize for our staff, too. The EAHS PBIS Wellness Committee is embracing the reminder that, "you can't pour from an empty cup," by creating opportunities for staff to pause, connect, laugh, recharge, and take care of themselves.

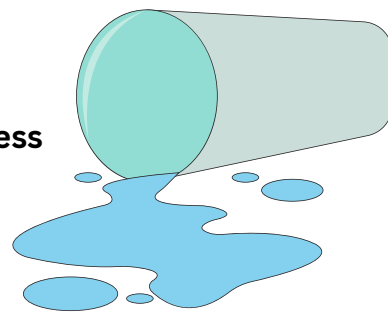
Throughout the year, the committee has been finding fun and meaningful ways to bring a little joy to the workday. From Duck Donuts and the Chicken Trolley to line dancing, yoga, therapy dogs, and motivational Mondays, there has been something for everyone.

And the fun doesn't stop there! Staff have opportunities to participate in a Staff Hangout, ornament making, a cookie swap, and PBIS Spirit Week, creating opportunities to build relationships and celebrate the people who make EAHS such a special place.

The Work-Life Balancing Act *Janet Barry*

Just like spotting the first robin in spring after a harsh winter, the sound of a pre-dawn alarm after a lazy summer brings excitement and joy for what lies ahead. Okay, maybe not, but the new school year is here, and embrace it we will. There are very few professions that offer a fresh start each year, but being in education allows us that privilege. It is also a job that is as rewarding as it is exhausting. Whether we want to acknowledge it or not, teaching is one of the few jobs that is 24/7—we eat, think, and breathe our vocation, and that can take a toll on our mental and physical health.

With this new year, it is time to establish boundaries to create an important work-life balance. But how do we do this? We are constantly thinking of our classes, our



These activities may seem like small moments, but they send a big message: Our staff matter. Taking a few minutes to step away, connect with colleagues, enjoy a treat, or simply have a little fun can make a difference in how we feel and how we show up for our students.

The Wellness Committee is proud to support the PBIS philosophy that positive school culture starts with the people who create it every day. By investing in staff wellness, we are strengthening our EAHS community and modeling the importance of balance, connection, and self-care.

So, EAHS staff, remember: You spend your days pouring into others. Make sure you take time to refill your own cup, too.

PBIS Wellness Committee—Building a culture where everyone can SOAR!

responsibilities, and the meetings we must attend. The list goes on and on and on. We also know that our day doesn't end when the last bus pulls away from school.

According to a recent report by KDKA, Pennsylvania awarded 65% fewer teaching certificates in 2026 than it did in 2016. That number is staggering, and it means that those in the proverbial trenches are feeling the strain all the more. Therefore, it is important to step back and make time for yourself to avoid—or at least lessen—the burnout we feel each year.

If you are someone who likes to work at home, many experts recommend setting very specific boundaries. For instance, if

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The Work-Life Balancing Act, cntd.

you are prone to checking your email throughout the night, give yourself a strict STOP, such as 7 p.m., when you put away all school-related work. This will allow your brain time to wind down for the evening.

For those who like to stay and work in a quieter building, some suggest establishing a firm deadline for leaving school at the day's end. Leaving those ungraded tests and planning books on your desk, rather than lugging them home, will allow you to fully enjoy your home as a refuge.

There is no universal fix to combat burnout, so finding what works for you is key. A small change here and there can make a huge difference so that you are recharged to meet the myriad challenges that are a very normal part of teaching.

From Sunday Scaries to Monday Ready

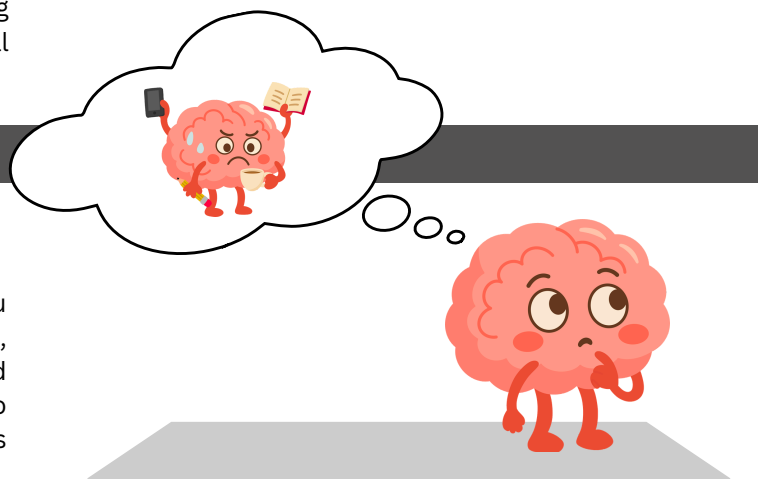
We've all felt that familiar pang on Sunday evening. You practically dance out of the building on Friday afternoon, crank the music in the car, peel out of the parking lot and make the most of the evening. Saturday always arrives too quickly, but you vow to enjoy every minute—on your terms and in your own time. Maybe you dive into a relaxing project, or maybe you cram in every errand you couldn't get to all week. Sunday morning creeps up, but you're still doing okay. You've got the whole day ahead of you!

Then, Sunday evening slams into you! You're saddened and shocked by it, and possibly a little offended. Where did the weekend go and how did it happen so fast? You start feeling it...the pang. Monday is coming and there is absolutely nothing you can do about it.

So, why are Sunday evenings so scary? It often comes down to anticipatory anxiety. Your brain functions best on predictability. When the weekend's unstructured freedom collides with Monday's rigid schedule, your nervous system sounds the alarm—triggering a cortisol spike that leaves you restless and edgy, according to the American Psychological Association.

Another major culprit is unfinished business. That mental to-do list seems to fill up before you even step foot out of the door on Monday morning. Fortunately, research in the *Journal of Experimental Psychology* offers a simple fix: write down those pending tasks in a pre-week "brain dump." Getting them out of your head and onto paper frees up working memory, stopping the overthinking and spiraling before it starts.

Loss of autonomy is the third reason. Weekends are all about freedom; the workweek is all about obligations. Whiplash from losing control over your time can turn a little Sunday night stress into full-blown dread.



But how can you get rid of that pang? There are a number of other techniques for quelling the Sunday scaries. Box breathing (4-4-4-4) can help lower your heart rate. A micro-movement break can also be helpful. A 10-minute walk can help with mood and focus. Do a quick gratitude scan, listing 5 things that you enjoyed over the weekend. If you prefer a more structured approach, build a dedicated **Sunday Reset Routine** to ground your evening:

- **3:00 p.m. — Light meal prep.** Chop veggies or portion leftovers. Tomorrow-you will thank you.
- **4:00 p.m. — Calendar glance.** Scan the **upcoming week** for big deadlines or meetings. Jot one "must-do" per day, then close the laptop.
- **5:00 p.m. — Fun movement.** Walk, bike, dance—whatever feels good. Pair it with a podcast to keep it light.
- **7:00 p.m. — Tech-free dinner.** Eat without scrolling. This small boundary reminds your brain work is done.
- **8:30 p.m. — Digital sunset.** Dim screens or switch to amber light.
- **9:00 p.m. — Wind-down ritual.** Stretch, read fiction, or practice a breathing technique. Aim for lights-out within an hour.

(from the Therapy Group of DC)

Remember, this schedule is just a guide post—tweak the times and activities to fit your own life. The goal isn't a rigid routine, but rather tuning into what you feel and giving your mind permission to rest. A few small boundaries can completely transform how you feel about Sundays.

Exploring Healthcare Careers: Easton Students Gain Hands-On Experience Through St. Luke's Partnerships

Easton Area School District, in partnership with St. Luke's University Health Network, continues to offer Easton Area High School students meaningful opportunities to explore healthcare careers through the Health Career Exploration Program (HCEP) and the CareerLinking Academy Program. These initiatives give students exposure to healthcare careers, hands-on workplace experiences, professional development, and opportunities to build the skills needed for future employment and postsecondary education.

Health Career Exploration Program (HCEP)

For the 2026–2027 school year, HCEP participants will earn \$15.00 per hour, with wages supported through the Workforce Board Lehigh Valley (WBLV). Students will work approximately 10–20 hours per week, with after-school opportunities available Tuesday through Friday. In addition to their workplace experience, students are required to participate in monthly professional development sessions at St. Luke's Bethlehem. Before employment, students must complete all required WBLV and St. Luke's pre-employment requirements, including a physical examination, drug screening, Child Abuse History Clearance, and Pennsylvania Criminal Record Check.

On September 10, 2026, 15 Easton Area High School juniors and seniors participated in the HCEP interview process. Currently, four positions are available for Easton students, with the potential for additional opportunities based on participation levels across partnering school districts. The program is available to eligible students throughout the Lehigh and Northampton County region, with the number of available placements dependent upon grant funding and program capacity.

St. Luke's CareerLinking Academy Program

The St. Luke's CareerLinking Academy Program provides an additional pathway for students interested in healthcare careers. The program combines observational learning, healthcare career exploration, and professional development focused on job-readiness skills. During the 2026–2027 school year, the program will serve 16 students from the Easton Area and Wilson Area School Districts, targeting juniors and seniors ages 16–18. Students will be recruited through informational materials and an application process, followed by interviews for selected applicants. Students accepted into the program and their parents or caregivers will participate in an orientation outlining program expectations, requirements, and opportunities.

Once selected, students must complete St. Luke's Volunteer Services Observer Onboarding process, which includes registration, confidentiality and privacy requirements, health history documentation, and verification of required immunizations. The program begins

with an introduction to St. Luke's University Health Network, including its mission and core values, followed by presentations from healthcare professionals who provide students with an overview of various healthcare careers and the education and training required for each profession.

As part of the clinical experience, students participate in a two-day hospital rotation during which they observe and interact with healthcare professionals in clinical departments. Students are paired with preceptors who will introduce them to the responsibilities and daily functions of different healthcare positions. Potential rotations may include Radiology, Emergency Department, Labor and Delivery, and various patient-care units. Students also have the opportunity to learn about healthcare simulation and observe how professionals develop and practice clinical skills through the Temple/St. Luke's School of Medicine Simulation Laboratory.

Professional development is an integral component of the CareerLinking Academy. Students develop resumes, practice interviewing techniques, strengthen public-speaking skills, and prepare a final presentation reflecting on their experiences. Throughout the program, students also develop interpersonal, teamwork, and communication skills while learning how healthcare professionals interact with patients, colleagues, families, and visitors.

Students are expected to participate fully in all program activities to receive a certificate of completion. The culminating presentation allows students to reflect on their experiences, demonstrate the professional skills they developed, and explain how those skills and experiences may influence their future educational and career goals.

Together, these partnerships provide Easton Area High School students with valuable access to real-world healthcare experiences while strengthening career awareness, employability skills, and professional readiness. These programs also contribute to the development of a local healthcare workforce by connecting students with healthcare professionals, potential career pathways, and opportunities to explore the field while still in high school.



Recipes for a Cozy Fall

by Tracy Warmtan, EAHS Assistant Principal

Fall is the perfect time to gather together, cook, and cozy up at home (my favorite thing to do)! The best part is that your favorite fall foods can inspire your home decor, too. From pumpkin-infused treats to hearty soups and chilis, this is a perfect chance to bring the colors, textures, and flavors of the season into your kitchen and home spaces.

Pumpkin Spice & Warm Neutrals

Try: Pumpkin Bread or Muffins

The warm tones of pumpkins and gourds...think shades of cinnamon, caramel, cream, and rust. Chocolate brown and burgundy are also soothing colors to warm up a home. These calming hues translate beautifully into home decor. Try adding a few cream- or terracotta-colored accents to your kitchen, swap out a summer centerpiece for a wooden bowl filled with pumpkins, or add a textured runner down the center of your dining table.

Design Tip: Layer Different Textures. Rather than matching everything, think mixing elements, like wood + ceramic + linen + faux autumn sprigs.

Cinnamon Baked Apples + Rustic Charm

Try: Cinnamon baked apples & ice cream

Nothing says fall quite like the smell of apples and cinnamon baking in the oven. Pair this classic dessert with a rustic-inspired table featuring wooden serving boards, woven baskets, amber glassware, and fresh apples as part of your centerpiece.

Design Tip: A bowl of apples isn't just practical. It can become an easy, inexpensive seasonal centerpiece.

Potato Leek Soup + Cozy Kitchen

Try: Potato Leek Soup

This rich, creamy soup brings the coziness of autumn straight to the table. Serve it in simple ceramic bowls and add a loaf of crusty bread on a wooden cutting board for an inviting, relaxed look. Bonus: mix up some cinnamon or pumpkin butter for an extra twist.

Design Tip: Open shelving or kitchen counters can be styled with a few seasonal pieces...wooden cutting boards, ceramic pitchers, cookbooks, and a small vase of dried flowers.

Pumpkin Chili + Gathering Around the Table

Try: Your Favorite Hearty Chili (and add pumpkin)

Fall is about gathering, and few meals are better for a casual get-together than a big pot of chili. Create a relaxed table setting with a large serving bowl, baskets of toppings, warm-toned napkins, and candles. Just like a bowl of chili includes a combination of proteins, beans, veggies and spices in one pot, your dining spaces

can be less fussy too.

Design Tip: Don't worry about making the table formal. Mixing dishes, textures, and serving pieces can create a comfortable, collected look.

Apple Cider + The Cozy Corner

Try: Warm Spiced Apple Cider

Create a small beverage station with mugs, cinnamon sticks, apples, and a pitcher of cider. You could also serve the cider warm in a crock pot. Add a tray, a seasonal candle, and a little greenery to turn an everyday corner into a fall focal point. For adults, a splash of caramel apple vodka is also delicious in cider.

Design Tip: Create a "cozy corner" somewhere in your home with a comfortable chair, throw blanket, pillow, and your favorite fall beverage.

A Simple Recipe for Fall Style

Just remember...you don't need to completely redecorate your home to make it feel like fall. Think of decorating the same way you think about cooking:

Start with a good base.

Add seasonal ingredients.

Layer in texture.

Add a little warmth.

And make it inviting.

Whether you're baking a favorite family recipe, gathering around the dinner table, or simply enjoying a cup of coffee in your favorite chair, fall is about creating spaces and moments that feel warm, comfortable, and welcoming.

So this fall, try a new recipe, add a little seasonal style, and make your home a place where everyone wants to linger a little longer!



Whatcha Reading?

As we kick off the new school year, we're looking for quick, simple ways to stay connected and celebrate life outside (and inside!) our classrooms. We are launching a new feature in our newsletter called, ***The Teacher's Bookshelf***. We want to celebrate our staff's top reads, from classroom favorites to weekend thrillers. No long essays or formal reviews needed (unless you want to)—just a quick snapshot of what's currently on your nightstand, desk, or Kindle.

It can be anything: a page-turning thriller you read to unwind, a professional book giving you fresh ideas, a great read-aloud your students are loving, or a biography,

memoir or trashy beach novel—zero judgment!

If you'd like to share a recommendation for an upcoming issue, just let us know (simonl@eastonsd.org):

- The Title & Author
- A few sentences on why you like it (or who would enjoy it) or a full review, should you want to share one
- (Optional) A quick picture of the cover or your reading spot!

Looking forward to building up our shared reading list this year.



The Teacher's Bookshelf

Our first book recommendation comes from colleague Janet Barry: ***My Husband's Wife***

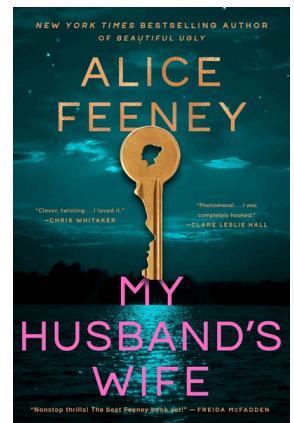
I am known for starting a book, losing interest, and picking up another. Yes, that even holds true for Little Golden Books! *My Husband's Wife* by Alice Feeney was an exception, though, because this gripping page-turner with twists galore held my attention from start to finish.

Eden and her husband, Harrison, have moved from London to a remote seaside village and a new home called Spyglass. The story begins with Eden, an artist, hours away from a showing of her work at a local gallery. Returning home from a run, she finds that her key no longer opens the door. When her husband appears, he claims not to know her—and neither does the other woman in the house who claims to be Harrison's wife.

If you are interesteed in participating in the EASD book club, please reach out to Janet at barryj@eastonsd.org.

Readers are also introduced to Birdy, a London detective with secrets of her own. She has a personal connection to Spyglass and the seaside village, where she returns following a terminal diagnosis. Birdy stumbles upon a questionable business called Thanatos, which predicts a person's date of death. She puts her detective skills to work to piece together what happened to Eden, while also working to discover who is running Thanatos.

My Husband's Wife offers mystery, suspense, and more than a few "I didn't see that coming" moments. While the ending may be a bit far-fetched, it is still a great read for those who love psychological thrillers.



NYC Bound Once More

EASD Bus Trips Are BACK! We are planning a holiday trip to New York City on Saturday, December 12th! While final arrangements are underway, the plan is to spend a day in the Big Apple at your own pace—perfect for holiday shopping, sightseeing, or catching a Broadway show. Stay tuned for registration details!

Can't make it on December 12th? No worries! We will plan another trip for late winter/spring – and boy, that one will be epic! If interested, please fill out this form. For additional information, please contact Janet Barry at: **barryj@eastonsd.org**.



Healthy Pumpkin Bread

Makes: 1 loaf

Ingredients

1½ cups whole-wheat flour
1 tsp baking soda
½ tsp baking powder
½ tsp salt
1½ tsp cinnamon
½ tsp nutmeg
¼ tsp ginger
2 eggs
1 cup pumpkin puree
½ cup plain Greek yogurt
⅓ cup pure maple syrup
¼ cup unsweetened applesauce
1 tsp vanilla
2 tbsp olive oil or melted coconut oil

Optional: ½ cup chopped walnuts or pecans or ⅓ cup mini dark chocolate chips

Directions

Preheat oven to 350°F. Grease a 9×5-inch loaf pan or line it with parchment. In a bowl, whisk together flour, baking soda, baking powder, salt, cinnamon, nutmeg, and ginger. In another bowl, whisk eggs, pumpkin, Greek yogurt, maple syrup, applesauce, vanilla, and oil until smooth. Gently fold the dry ingredients into the wet ingredients. Don't overmix! Fold in nuts or chocolate chips if using. Pour into the loaf pan and bake 50-60 minutes, until a toothpick inserted in the center comes out clean. Let cool for about 15 minutes before removing from the pan.

My favorite version

Add a sprinkle of cinnamon sugar on top before baking. You get that delicious bakery-style crust without needing much extra sugar.

Tip: This bread is even better the next day. Store it tightly covered at room temperature for 2-3 days or refrigerate for up to a week.

Pumpkin Chili

Serves: 6-8

Ingredients

1 lb ground beef or ground turkey
1 medium onion, diced
1 red bell pepper, diced
1 jalapeno pepper, diced
3 cloves garlic, minced
1 can (15 oz) pumpkin purée (not pumpkin pie filling)
1 can (15 oz) black beans, drained and rinsed
1 can (15 oz) kidney beans, drained and rinsed
1 can (28 oz) crushed tomatoes

1 can (14.5 oz) diced tomatoes
2 tbsp chili powder
1 tbsp cumin
1 tsp smoked paprika
½ tsp salt
¼ tsp black pepper
¼ tsp cayenne pepper, optional
1 tbsp maple syrup or brown sugar, optional

Directions

Brown the meat: In a large pot or Dutch oven, cook the ground beef/turkey over medium heat. Drain excess grease if needed. Add vegetables: Stir in the onion and bell pepper. Cook for 4-5 minutes, then add garlic and cook for another minute. Build the chili: Add pumpkin, beans, diced tomatoes, and crushed tomatoes. Season: Stir in chili powder, cumin, smoked paprika, salt, and pepper. Simmer: Bring to a gentle boil, then reduce heat and simmer uncovered for 30-40 minutes, stirring occasionally. Taste and adjust: Add a little maple syrup or brown sugar if you'd like more of that subtle pumpkin sweetness. Add more chili powder or cayenne for heat. Best toppings: Shredded cheddar cheese, crushed tortilla chips, avocado, pepitas (pumpkin seeds)

Fall entertaining tip: Serve it in a Dutch oven with a toppings bar. Add cornbread or crusty bread on the side and you've got an easy fall dinner for a crowd.

Cinnamon Baked Apples

Ingredients

4 large apples (Honeycrisp, Gala, Fuji, or Granny Smith)
2 tbsp brown sugar
1 tsp cinnamon
2 tbsp chopped pecans or walnuts
2 tbsp old-fashioned oats
2 tbsp butter, softened
1 tsp vanilla
¼ cup apple cider or water

Directions

Preheat oven to 375°F. Core the apples, leaving the bottoms intact. Mix brown sugar, cinnamon, nuts, oats, butter, and vanilla. Spoon the mixture into the center of each apple. Place apples in a baking dish and pour the cider or water around them. Bake 35-45 minutes, until tender but still holding their shape. Spoon some of the warm pan juices over the apples before serving. Serve warm with vanilla ice cream or a drizzle of caramel.

Creamy Potato Leek Soup

Serves: 6

Ingredients

3 tbsp butter
3 large leeks, white and light-green parts only, sliced
2 cloves garlic, minced
2 lbs Yukon Gold potatoes, peeled and diced
6 cups chicken or vegetable broth
1 tsp dried thyme
1 bay leaf
1 tsp salt
½ tsp black pepper
1 cup heavy cream
2 tbsp fresh parsley or chives, chopped

Optional: ½ cup shredded Parmesan

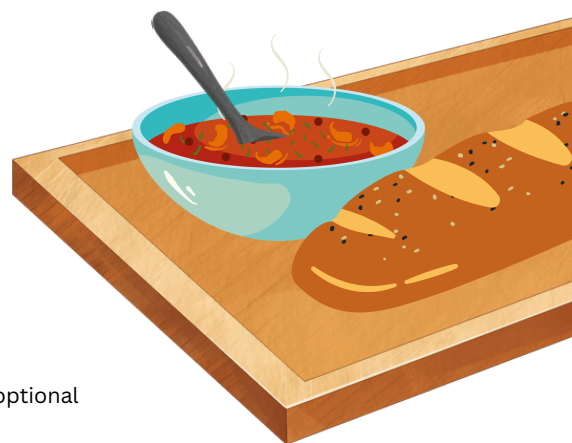
Directions

Clean the leeks well. Slice them and rinse thoroughly - the layers can hold quite a bit of dirt. Melt butter in a large Dutch oven or soup pot over medium heat. Add leeks and cook for 6-8 minutes, until soft. Don't let them brown. Add garlic and cook for another minute. Add potatoes, broth, thyme, bay leaf, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20-25 minutes, until the potatoes are very tender.

Remove the bay leaf. Use an immersion blender to blend until mostly smooth. I like leaving a few potato pieces for texture.

Stir in the heavy cream and Parmesan, if using. Warm gently for another 3-5 minutes - don't boil. Taste and adjust salt and pepper. Garnish with fresh chives or parsley.

Tip: Top each bowl with crispy bacon, shredded cheddar, chives, and cracked black pepper. Serve with a warm crusty baguette.



Bring the Family: Free Live Well Be Well Block Party at Paxinosa Elementary

Live.

WELL

Be.

WELL

Stronger Together

FREE ALL DAY EVENTS:

COMMUNITY RESOURCES

LOCAL SPEAKERS

IMPAIRMENT SIMULATIONS

FOOD TRUCKS

HENNA TATTOOS

CHAIR MASSESSES

LIVE DJ

CARICATURES

AND MUCH MORE!

FOR MORE INFORMATION

CONTACT: NORTHAMPTON COUNTY DRUG AND ALCOHOL DIVISION

610-829-4725

VISIT: "LIVE WELL, BE WELL" ON FACEBOOK

JOIN US!

SEPTEMBER 19TH, 2026

11:00 – 3:00 PM

PAXINOSA ELEMENTARY SCHOOL

1221 NORTHAMPTON ST
EASTON, PA 18042



A DAY DEDICATED TO COMMUNITY,
CONNECTION, AND LOCAL RESOURCES!

The Northampton County Live Well Be Well Block Party is scheduled for this upcoming Saturday, September 19, 2026, from 11:00 AM to 3:00 PM. Sponsored by the Northampton County Drug & Alcohol Department, this annual outdoor event is completely free and open to the public.

The family-friendly gathering focuses on building community, connection, and highlighting local wellness resources.

What to Expect -

- **Resource Tables:** Learn about local physical and mental health services, substance use prevention programs, and community support resources.
- **Interactive Activities:** Participate in local fitness and health demos or try out impairment simulation goggles.
- **Family Fun:** Enjoy free caricatures, henna tattoos, and a live DJ.
- **Food Trucks:** Grab lunch from a selection of local food truck vendors.
- **Free Perks:** Take advantage of complimentary chair massages and enter the free raffle for a chance to win wellness-themed giveaways.

For more announcements, updates, and specific venue location updates within the county, check the official event notices through Turning Point of Lehigh Valley or the Northampton County Live Well Be Well Facebook Page.

Annual Staff Flu Clinic Coming Nov. 3

Cold and flu season is just around the corner, making now the perfect time to prioritize your health. As Ben Franklin famously noted, "An ounce of prevention is worth a pound of cure." Taking a simple step today can save you from a week of missed work and feeling miserable. You can get your flu shot right on-site during our upcoming Inservice:

- **Date:** November 3rd
- **Location:** Middle School
- **Provider:** Valley Health Partners

Flu shots will be available to all staff members who wish to receive one. Online sign-up details and additional information will be shared soon.

Contribute to Our Wellness Newsletter

Share Your Wellness Ideas! Have an idea for a column or article about wellness, healthy habits, or self-care? We are always looking for ways to feature more Easton Area School District staff members. If you would like to contribute to an upcoming issue of the newsletter, please reach out with your topic or draft to simonl@eastonsd.org.

