



VOLUME 1

NOVEMBER 2025

The ROVER RECHARGE

Caring for Ourselves Together

Welcome to the First Edition of *The Rover Recharge*!

The Wellness Committee would like to introduce, *The Rover Recharge*, a quarterly newsletter, where we will share ideas and inspiration to help you prioritize self-care and well-being. You'll find practical tips, recipes, and stories featuring staff who are making positive changes. We'll also highlight opportunities for group activities that bring our Easton Rover community together.

Our goal is to spark small changes that can lead to better health, more balance, and greater happiness—both inside and outside of school.

To kick things off, we've planned a few fun ways to get started! First, we'll host group challenges open to all staff. Second, you'll find themed Self-Care Menus filled with easy-to-try ideas to recharge your mind, body, and spirit. And, if you'd like to share healthy tips, ideas for group challenges or healthy and/or delicious tried-and-true recipes, please do so.

Send recipes to Rubi Sabri: sabrir@eastonsd.org

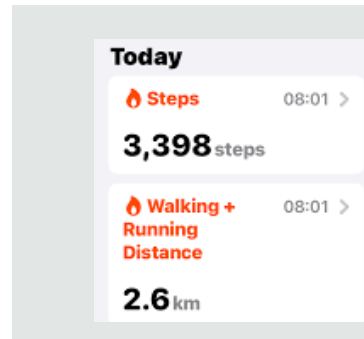
Self-Care at Home

Self-care can be part of your everyday routine, but it shouldn't feel like just another task on your to-do list. In *The Good Trade*, an online newsletter, author and Editorial Director Emily McGowan explores ways to embrace self-care through simple, daily actions that only require a shift in mindset. She describes these practices as a "framework" built around many of the things we already do for ourselves. McGowan offers 99 ideas for resetting and recharging, organized into four categories: Home, Hobby, Body, and Mind.

Under Home, several suggestions focus on cleaning and organizing. For example:

- #2. Clear off every surface in your home and wipe it down—consider it a practice in clearing away mental clutter.
- #10. Dust your home. Beneath the gloom, so much is capable of shining.

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Step it Up Easton! The Rover Step Challenge is On!

This January and February, Easton is stepping up its game—literally! We're challenging all staff to join our Rover Step Challenge and see just how far we can go together.

We know our days are already filled with movement—heading to classes, making copies, tackling daily tasks—but now it's time to turn those steps into something more. Every step counts, whether it's walking your dog, hitting the treadmill, or taking a few extra laps at the grocery store instead of ordering online.

Let's get moving, stay motivated, and make these winter months a time to remember!

Rules:

1. Track your steps using any reliable step-counting app that records daily and weekly totals.
2. Each week, add your 7-day step total to our shared Google Form.
3. We'll log everyone's totals and share weekly updates so you can see how you stack up.
4. The **entry fee is \$5.00**, and there will be three winners — most steps overall, highest weekly total and highest single day of steps. Entry monies will be collected in each building.

Start Date: Monday, January 5th
End Date: Monday, February 23rd

Self-Care at Home, *cntd.*

In the Hobby category, McGowan encourages creativity and enjoyment:

- #27. Write poetry. Whether your words are Shakespearean or angsty, embrace them—what do your poems tell you about yourself?
- #34. Whip up your favorite meal. Set the table beautifully, light a candle, and remind yourself that you are worthy of nourishing and delicious food.

For your Body, try something simple yet rejuvenating:

- #50. Go for a walk, even if it's just around the block. If you live in a city, try a “stoplight walk,” where you take a right turn at every red light—no stops, and an unpredictable, refreshing route.

And for your Mind, consider this:

- #69. Create a Spotify playlist of your favorite songs. Let yourself get lost in the music and the memories that come with it.

Even small daily changes can make a meaningful difference in how you feel. If you'd like to explore more of McGowan's ideas, visit:

<https://www.thegoodtrade.com/features/self-care-ideas/>

Monthly Self-Care Menus

Each month, we'll invite our staff to complete small, meaningful tasks designed to invigorate your outlook and recharge your batteries!

Our first theme, starting in December, is Joy and Connection — a perfect time to focus on Stress-Free Holidays. Each month will feature a unique theme and a “menu” of self-care options to choose from. Start small with an Appetizer or two, then build up to the Main Course and Dessert options. Looking for a deeper experience? Try one of the Specials—these tasks may take a little more time, but they'll help you truly internalize the meaning of self-care and its positive impact on others.

We'd love to see your journey! Snap a few photos as you take on these activities, choose your favorite, and upload it to our shared Rover Self-Care Drive. Each month, we'll select one winning photo to receive a special prize!

The monthly winners—and their photos—will be featured in our next newsletter. Remember, you're not alone on this journey to feeling your best. We are all caring for ourselves, together!



December

Theme: Stress-Free Holidays

*Choose something small each month to nourish yourself.
Wellness grows when we take care of us together!*

Appetizers (5 minutes or less)

Listen to a favorite holiday or feel-good song
Step away from your desk to breathe and reset
Compliment a co-worker or student
Smile at five people today

Main Course (10–30 minutes)

Enjoy a cozy night with a warm drink and book
Write holiday cards to family and friends
Try a new seasonal recipe
Say no to one obligation that drains your energy

Desserts (Feel-good extras)

Reflect on who has helped you grow this year
Watch a favorite movie with no distractions
Make or buy a small gift for yourself

Specials (Longer-term care)

Plan a full day of rest during the break – no work allowed
Reflect on your favorite holiday memories and what makes them special
Create a new family or friend tradition that brings joy
Spend quality time with someone you love without distractions



Crockpot Cranberry Apple Cider Turkey Breast

This recipe is perfect for those who attend the big Easton/P-Burg game and may have limited time to cook.

Ingredients:

- 1 Butterball turkey breast, thawed-pat dry and leave netting on
- 1 Lipton Onion Soup Mix Packet
- 1 tsp poultry seasoning on turkey
- 1 can of whole berry cranberry sauce
- ¼ cup orange juice
- ½ cup apple cider
- 1-2 sprigs each of rosemary and thyme

Directions:

1. Place the turkey breast in crockpot.
2. Sprinkle with poultry seasoning
3. In a bowl, stir together cranberry sauce, onion soup mix, orange juice, and apple cider. Pour over the turkey.
4. Cover and cook on low for 6-7 hours or until the turkey reaches 165 degrees.
5. Remove turkey breast from crockpot and let sit for 10 minutes.

*With the juice from the crockpot make the gravy.

For the Gravy:

1. After the turkey is done, strain juice in a strainer and pour into a saucepan.
2. Bring to a gentle to a gentle simmer.
3. In a small bowl, whisk together 2 tbsp cornstarch + 2 tbsp cold water until smooth.
4. Slowly whisk the slurry into the simmering juices until it thickens into a glossy gravy.
5. Taste and adjust - add a splash more cider for brightness or if you want a sweeter gravy or a pinch of salt could be added.

*If you want to make it more savory, add stock: Stir in ½ - 1 cup chicken or turkey stock, while simmering the juices.

**Throw in a sprig of fresh thyme while it's simmering to bring an *herbiness* to it.

Finally, remove the netting from turkey, cut into slices and plate. Pour some gravy over slices and serve.
Enjoy!

*Recipe from TikTok Allyssainthekitchen



Unplug to Recharge This Holiday Season!

As we head into the holiday break, we encourage everyone to truly unplug – step away from emails, meetings, and notifications to focus on rest, connection, and renewal. When your body and mind truly relax, your nervous system shifts from constant “go” mode into a restorative state –

Stress hormones like cortisol decrease.

Heart rate and blood pressure return to balance.

Muscle tension eases.

This recovery phase supports –

Better sleep.

Strengthens your immune system.

Helps your brain clear mental fatigue.

Unplugging to recharge will restore focus, creativity, and emotional balance for the days ahead. Taking a full break allows your mind and body to recharge, boosting clarity, productivity, and overall well-being when you return to work. Enjoy time with loved ones, savor quiet moments, and give yourself permission to disconnect. You’ve earned it – and your future self will thank you!

What Can Gratitude Do for You?

According to an article in Harvard Health Publishing, “Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice.” So, giving thanks can really impact us in positive ways.

One idea that was suggested was to keep track of what we are grateful for by writing about it. In the study they conducted, people who did this – wrote out a few

sentences each week, for ten weeks – “were more optimistic and felt better about their lives.” While there is not direct proof of cause and effect with studies like this, much of the research in this area does put forth a connection between gratitude and well-being. To read more about this and other studies, you can find the article at the link below.

[https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier#:~:text=Send%20it%2C%20or%20better%20yet,pleasant%20sound%2C%20etc.\).](https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier#:~:text=Send%20it%2C%20or%20better%20yet,pleasant%20sound%2C%20etc.).)