# WELLNESS COMMITTEE NEWSLETTER



## JOIN US

Our District Wellness Committee is devoted to promoting the overall health and well-being of our students, staff, families, and community members. We meet 3-4 times a year to discuss wellness needs, provide resources for students and staff alike, develop challenges to promote staff participation around creating a positive culture around mental health, social-emotional health, etc. Join our team by emailing abarbetta@hollandcsd.org!

## Monthly Newsletters

Stay informed with our monthly wellness newsletters, featuring helpful wellness tips and advice, upcoming events, district-wide challenges, and much more! Newsletters will be available on the district website, emailed to faculty and staff, and posted throughout our school buildings.

## Simple Ways to Take a Break

- Go outside and get some fresh air.
- Listen to music that calms your mind.
- Step away from screens for a while.
- Enjoy a quiet moment with yourself.
- Get enough sleep and honor your rest.

## Ideas?

- Do you have wellness information or resources that would benefit our district community?
- Do you have an idea for a district-wide challenge?
- We'd love to hear from you! Please share your suggestions with the Wellness Committee.

## Take Time to Recharge

You do not have to carry everything at once.