



STILLWATER PUBLIC SCHOOLS FAMILY WELLNESS NEWSLETTER



It is our goal to support families in their overall wellness.

Parents and families have a powerful role in supporting children’s learning and emotional wellness at home and at school. When caregivers are engaged in their children’s school activities, children get better grades, choose healthier behaviors, and have better social skills. We hope this wellness newsletter will give you additional tools you can use to support your child’s wellness in school and at home.

The Importance of Sleep

Do you ever wonder how much sleep your child should be getting each night? Adults need 7-8 hours in order to maintain good health, but children need more sleep than that: (Preschoolers: 10-13 hours, School-aged children: 9-12 hours, Teens: 8-10 hours).

Age group	Age range	Recommended hours of sleep per 24 hours
School-age	6-12 years	9-12 hours
Teen	13-18 years	8-10 hours
Adult	18 years and older	7 hours or more



Red Ribbon Week October 23-31, 2023

The importance of this highly recognizable event is to prevent substance misuse in our schools and local communities, along with being able to commit to a better, healthier and drug free lifestyle. Look for information about a poster and coloring contests as week as well as Red Ribbon Week events at school sites.



Connection & Community

The Surgeon General recently released an advisory calling attention to the public health concern of loneliness, isolation, and lack of connection. Loneliness and isolation can negatively impact our overall health and well-being; it also increases the risk of depression and anxiety among children and adolescents. Parents and caregivers play an important role in shaping the experience of social connection; here are a few suggestions:

- Model healthy social connection.
- Help children develop strong, safe, & stable relationships with supportive adults like grandparents, teachers, coaches, counselors, and mentors.
- Be attentive to how young people spend their time online. Delay the age at which children join social media platforms and monitor and decrease screen time in favor of positive, in-person, connection building activities.
- Have Family Meals: find conversation starters [here](#).
- Listen to others without the distraction of your phone.
- Encourage healthy social connection with peers by supporting individual friendships, as well as participation in activities such as volunteering, sports, and school activities.
- Connect youth to helpers like counselors, educators, and health care providers if they are struggling with loneliness, isolation, or unhealthy relationships.

UPCOMING EVENTS:

HERE ARE JUST A FEW OF THE MANY FAMILY FRIENDLY EVENTS COMING UP. GO TO [VISITSTILLWATEROK.COM](https://www.visitstillwaterok.com) FOR AN UP TO DATE EVENT CALENDAR.

Enjoy the 9th annual Pumpkin Patch co-sponsored by the Stillwater Noon Lions Club and Highland Park United Methodist Church, which will take place daily at the church
524 N. Stallard

September 23 - October 31: Mon-Fri 1-7 pm; Sat 9 am-7 pm;
Sun 12-7 pm

For updated information go to:

<https://www.facebook.com/stillwaterpumpkinpatch>

Saturday, October 7th is the 2023 Oklahoma State University Pow Wow held at the Payne County Expo Center starting at 12 pm with the Gourd Dance. 4:30 pm Supper Break. 6:30 pm Grand Entry for all contests. 11 pm Closing Ceremony.

Join us on **October 7th**, as we host POP UP Art Shops in the south parking lot of the Prairie Arts Center. We will have up to 15 artists, a free family-friendly art-making activity. Get outside and support your local artists! Saturday, October 7th, 10am - 2pm



The Oklahoma State University Alumni Association and Love's Travel Stops will present the next edition of America's Greatest Homecoming on **Oct. 22 - 28, 2023** concluding with the Cincinnati vs. OSU football game!

Homecoming events planned include the Harvest Carnival and Chili Cook-Off (Oct. 24), Walkaround (Oct. 27) and the Sea of Orange Parade (Oct. 28). Go to OSU Homecoming for more information.

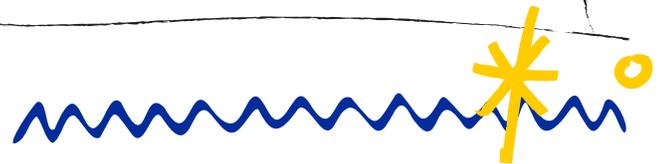
Tuesday, October 24, 5-8pm Downtown Stillwater Halloween Festival - Dress up in your most creative costumes for a fun, family event that includes trick or treating, costume contest, games, crafts, face painting, and more!

Stillwater High School Pink Out Week **October 23-27**
Support Cancer research by participating in Pink Out week Activities hosted by Stillwater High School FCCLA. The listing of events is attached to this email and can be found here: Pink Out Week

Stillwater Medical Center Drive Thru Trick or Treat.
Monday October 30 6-8pm and Stillwater Medical Plaza at 12th and Adams

Fall Break

Please remember that there is no school from **Wednesday, October 18 - Friday, October 20**. Enjoy your fall break!



Stillwater Sports and Recreation

There are multiple opportunities for children and families to get moving in Stillwater.

Stillwater Area Sports Association (SASA) is a non-profit organization devoted to providing league sports to the youth and adults of Stillwater and surrounding areas. Go to stillwaterareasports.com or call (405) 533-2532 for more information.

Stillwater YMCA, part of the YMCA of Oklahoma City go to ymca.org/branches/stillwater or call 405-372-5833 for more information

The Stillwater Soccer Club (SSC) is a non-profit, volunteer organization formed to promote the development of youth soccer in the Stillwater area. Our goal, each season, is to provide each player with an enjoyable soccer experience with participation, skill development and team camaraderie. stillwatersoccerclub.com

In addition to these organizations, there are other groups that get together to connect and exercise. Some of these include Stillwater Running Club, Stillwater Trail and Road Runners, and Stillwater Gravel Grinders. All of these groups have pages on Facebook.

RESILIENT PAYNE COUNTY EARLY BIRDS PARENT PROGRAM SUPPORTS YOU.



ABOUT THE PROGRAM:

- Parent program designed to help if you are expecting a baby, have a newborn, or care for a child under 5 years old. This includes grandparents who help raise their grandchildren.
- Classes available in English and Spanish.
- Childcare is **not** provided.
- Classes are held at the following locations:
 - **Will Rogers Elementary** - 1211 N Washington St, Stillwater, OK 74075
 - **Our Daily Bread** - 701 E 12th Ave, Stillwater, OK 74074
- Current age groups offered by RPC Early Birds: 2-3, 3-4, & 4-5.

Resilient Payne County Fall Schedule 2023

Age Group	Date	Time	Location
2-3 Years	Saturday, October 7	8:30 AM	Will Rogers Elementary
	Monday, October 23	4:00 PM	Our Daily Bread
3-4 Years	Saturday, October 7	10:15 AM	Will Rogers Elementary
	Monday, October 23	4:00 PM	Our Daily Bread
4-5 Years	Thursday, October 5	6:00 PM	Will Rogers Elementary

Interested in Early Birds classes for other age groups?
Visit our website for more class options near you!

IN THIS 90 MINUTE CLASS, YOU WILL:

- Learn how children develop, how to make everyday moments fun and educational, how to prepare your child for school, how to parent with purpose, how to balance work and life, and how to keep your child healthy and safe.
- Receive a **FREE** kit of toys, books, and learning activities to support early learning at home after each class.
- Connect with other parents!
- Learn about the importance of play and tips for playing with your child.

Earlybirds@sunbeamfamilyservices.org
General Early Birds Support Email



Classes supported by
Stillwater Public Schools



Questions? Contact Carolyn Macallister | RPC Early Birds Coordinator
Rpc17ok@gmail.com

Early Birds launched in 2010 through Smart Start. Sunbeam acquired Early Birds on July 1, 2023.

