



STILLWATER PUBLIC SCHOOLS FAMILY WELLNESS NEWSLETTER



As we embrace the beautiful transition into autumn, the school district support team is here to provide you with valuable resources and tips to support your family's wellness and mental health.

We hope this newsletter will provide you with additional tools to support your child's wellness in school and at home. If you feel overwhelmed, start slow and focus on one habit per day. Soon it will all come together, and you will practice these habits every day. Together, we can make this year a positive and fulfilling experience for our students.

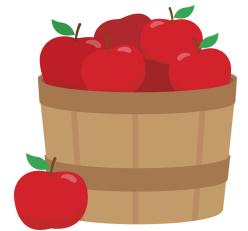
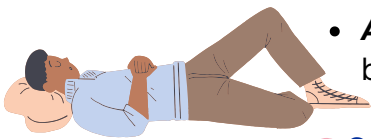
Wishing you a happy and healthy October!



October's Wellness Tips

☀ Promoting Wellness:

- **Encourage outdoor activities:** Take advantage of the crisp fall weather by going for a family hike, bike ride, or nature walk.
- **Healthy eating:** Emphasize the importance of nutritious meals and snacks to fuel both body and mind.
- **Adequate sleep:** Establish and maintain consistent bedtime routines for a restful night's sleep.



🧠 Supporting Mental Health:

- **Open communication:** Create a safe space for family members to express their feelings and concerns openly.
- **Mindfulness and relaxation:** Practice deep breathing exercises, meditation, or yoga to reduce stress and promote relaxation.
- **Seeking support:** Reach out to school counselors or mental health professionals if you or your child needs additional support.



📖 Resource Highlight:

- "The Whole-Brain Child" by Daniel J. Siegel and Tina Payne Bryson:

This insightful book offers practical strategies for nurturing your child's developing brain and promoting emotional intelligence.



Need help?

care solace

24/7/365 Mental Health Coordination for Students and Families

MARK YOUR CALENDAR!

OCTOBER EVENTS

Fall Sports! - Cheer on the Pioneers at Softball, Volleyball, Cross Country and Football events all season long!

Find schedules at:
stillwaterschools.com/athleticcalendar

NEED TICKETS FOR YOUR FAVORITE SPORTS?
STILLWATERSCHOOLS.COM/SPORTTICKETS

SPS Hispanic Heritage Event at SMS
Oct. 12, 2024 - 3:00 PM - 5:00 PM

Check out all the music!
Marching Band Contests - Oct 5, 12, & 22
Choir Concerts - JH&HS Oct 8, MS Oct 14

Indigenous Peoples Day October 14

NO SCHOOL October 16th-October 18th for Fall Break!

FFA Cans 4 Community 5k Race - stillwaterschools.com/ffa



Red Ribbon "Week"
October 23-31
Activities vary at each school site
stillwaterschools.com/redribbonweek

Lexicon - October 26 - Pop Culture Convention - VisitStillwater.org/lexicon

Frightening Football - October 31 - Costume Theme and Halloween Fun at Pioneer Stadium



We wish you a fab-boo-lous season!

