



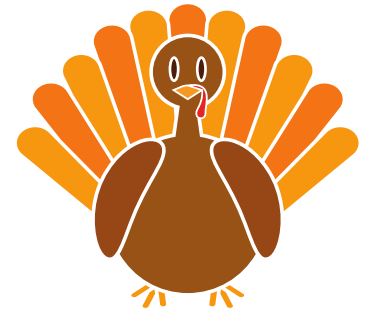
STILLWATER PUBLIC SCHOOLS FAMILY WELLNESS NEWSLETTER



As November unfolds, bringing with it the cozy spirit of fall and the promise of gratitude, we welcome you to this month's family wellness newsletter. With the hustle and bustle of everyday life, it's essential to prioritize our well-being and that of our families. This year, we focus on three key areas: being present in the moment, the importance of play, and the value of restful sleep.

We hope these tips resonate with you and inspire a sense of connectedness and well-being in your home as we navigate through the month together. Wishing you all a fulfilling and joyful November!

November's Wellness Tips



☀ Promoting Wellness:

- **Presence:** Being present allows us to fully engage with our loved ones, turning everyday moments into cherished memories. Try to be part of another's cherished memories this fall.
- **Play:** Remember to set time aside for play. It fosters creativity and strengthens family bonds, giving everyone a chance to unwind and enjoy one another's company.
- **Adequate sleep:** As the days grow shorter, ensuring quality sleep becomes vital for everyone's health and mood.



📖 Resource Highlight:

November Is for Saying "No" digital article

by Michelle Sutton-Kerchner

fitnessandwellnessnews.com/november-saying-no/

"No" gets a bad rap. Sometimes, amidst the positivity and flow of yes, a solid no can—and should—be the healthy answer. November is a great time to introduce a little no into your life.

🧠 Supporting Mental Health:

- **Open communication:** Checking in with others this season can help others feel joy and love.
- **Mindfulness and relaxation:** Consider taking just 15-20 minutes each evening to unwind in a cozy space. This will help clear your mind and reduce stress as you navigate the month's activities.
- **Seeking support:** If you're helping a loved one who might benefit from professional mental health support, you can prepare in advance, Be honest and direct, avoid talking to them when they are in a bad mood, and keep the conversation private, friendly, and relaxed.

Need help?

care/solace

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

MARK YOUR CALENDAR!

NOVEMBER EVENTS

Winter Sports! - Cheer on the Pioneers at events all season long!

Find schedules at:
stillwaterschools.com/athleticcalendar

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

November is
Native American Heritage Month

SJHS Theatre presents The Mystery of the Missing Letter
Nov 7 or 8th at 6pm in SJHS.
Attendance is free, donations welcomed.

Homegrown Harmonies - PTO/PTA Fundraiser at Stonecloud
Nov. 10, 2024
1:00 PM - 7:00 PM

VETERANS

Veteran's Day - School Assemblies
Nov. 11, 2024

Teen Night: Nerf Fight at the Stillwater Public Library.
Nov. 12 from 6-8 PM
Teens in grades 6-12. FREE to attend. Those interested in attending must register and submit a permission slip to attend.

SHS Theatre presents Stardust, a comedy by Walter Kerr.
Tickets (\$10 adult / \$8 student) on sale now.
Nov 14 & 16 at 7:30pm in the SHS PAC
Nov 17 at 2:30pm in the SHS PAC

Indigenous Peoples Annual Benefit Gourd Dance
Nov. 16th 2-8 PM
Open to public. Bring own chairs. Concessions available.

NO SCHOOL November 25th-November 29th for Thanksgiving Break!



We are thankful for our students and families!