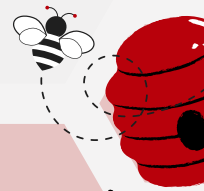


BEE Well Wellness Tips for your Body & Mind



WHAT'S ALL THE BUZZ...?

FAMILY ENGAGEMENT

Discussing our emotions with others can help us identify ways to support the people close to us when they're navigating through difficult emotions.

Managing our emotions is essential to our personal health and our relationships with those around us.

How do the people in your life handle their emotions? Find an adult, family member or friend and spend a few minutes interviewing them using the questions below.

- What is something that makes you happy?
- How do you express your happiness?
- What is something that makes you sad?
- How do you deal with being sad?
- When someone is sad, how do you support them?



“One kind word,” says an old Japanese proverb, “can warm three winter months.”

#BeKind

STAFF UPDATE

Tips to Bee Well this Winter!

Video below created by Lauren Dahm, PE
Teacher at Ray Middle School

#BEEWELL



YouTube

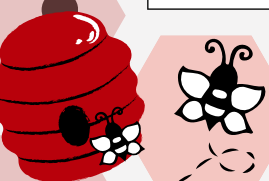


COMMUNITY RESOURCES FOR MENTAL HEALTH

Listed below are resources available for families, parents, guardians, students and community members.



If it is an emergency, CALL 911.



Build. Educate. Empower.

BEE Well Wellness Tips for your Body & Mind

WHAT'S ALL THE BUZZ.....?

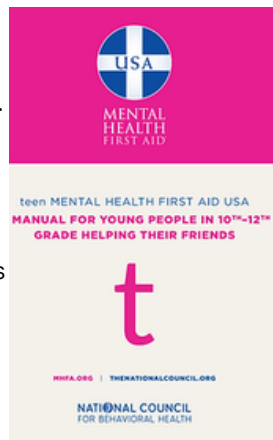


District Update

In Baldwinsville, we believe that everyone thrives in a vibrant, healthy, safe, enriching, and respectful learning environment, and we ensure that all students have the social and emotional supports necessary to feel safe and empowered to pursue their goals. Check out these new programs that support our district in its efforts to focus on the whole student and their well-being.

TEEN MENTAL HEALTH FIRST AID

At this time, all students in grades 10-12 at Baker High School have received training in Teen Mental Health First Aid. The training specifically focuses on how to recognize warning signs and support a peer experiencing a mental health challenge or crisis. Teens walked away certified as teen mental health first aiders, with new knowledge and feeling empowered to help a friend in need.



Together, we will
#BeeTheDifference.

Who are your 5 trusted adults?

School & community supports

Local Crisis Support
You can dial 211 (CNY Onondaga) or text 898-211- w/ Your Zip Code
Call Onondaga Co. Crisis Connect (315) 215-0800
Text "got5" to 741-741 (NYS)



The teen Mental Health First Aid Action Plan can be used in any order.

- ASK** how they are.
- LOOK** for warning signs.
- HELP** them connect with an adult.
- LISTEN** up.
- YOUR FRIENDSHIP** is important.

Learn more at MHFA.org/teen

5 Step Action Plan to help a Friend

BREAKFAST & LUNCH PROGRAM

SCHOOL MEALS FREE FOR ALL STUDENTS

Beginning:
Tuesday, January 2, 2024



The Baldwinsville Central School District Food Service Program is pleased to announce every enrolled student in the district will be eligible to receive a free breakfast and a free lunch meal every school day effective Tuesday, January 2, 2024.

The United States Department of Agriculture expanded access to the federal Community Eligibility Provision (CEP) grant program, which allows eligible schools (Baldwinsville CSD) participation in the National School Lunch and School Breakfast Programs to offer school meals at no charge to all students.

Did you know?

Breakfast is the most important meal of the day! Are you concerned your child is not eating the most important meal of the day? No need to worry, Baldwinsville Central School District offers breakfast daily! Our school breakfast offers a serving of fruit, whole grain-rich items, and low fat or fat free milk. Our breakfasts are well balanced and follow standards backed by the best nutritional science available. Scroll down to check out our monthly menu on this webpage.

What are the benefits of eating Breakfast?

- Improved focus and concentration in school
- Lack of hunger
- Nutritional Value
- Improves your mood
- Overall, better health



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BEE Well Wellness Tips for your Body & Mind

WHAT'S ALL THE BUZZ....?



Grief Resource Guide



SCAN HERE

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths"

MINDFULNESS



Practice Mindfulness with Forest Bathing

The term forest bathing comes from the Japanese concept of Shinrin-yoku.

FOREST BATHING IS A MEDITATIVE PRACTICE THAT INVOLVES WALKING OR SITTING IN NATURE AND PAYING CLOSE ATTENTION TO YOUR SURROUNDINGS.

Move the body and calm the mind! Forest bathing is an activity that relaxes and soothes frayed nerves, improves mood, reduces cortisol levels, brings clarity, improves vitality, boosts serotonin levels; counters depression; and above all, makes you feel really really good!

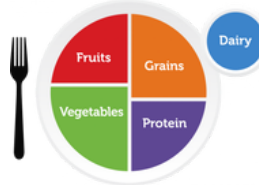
HEAD OUTSIDE FOR MORE CLARITY, COMFORT AND JOY ON THE INSIDE!



NUTRITION FOR THE BODY

www.choosemyplate.gov

Learn how to eat healthy with MyPlate! Remember the food pyramid? Meet MyPlate, the official symbol of the five food groups. Learn how to make MyPlate work for you.



Scan me



Make Every Bite Count
US Department of
Agriculture
**Dietary Guidelines for
Americans 2020-2025**

Follow MyPlate on
Instagram @myplate_gov

Follow Us



PHYSICAL WELLNESS

Explore Winter in Upstate New York
Winter Guide 2023-2024 Events



www.cnywinter.com

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BEE Well Wellness Tips for your Body & Mind



WHAT'S ALL THE BUZZ....?

MENTAL WELLNESS

Understanding Anxiety



Anxiety is our body's way of preparing us for danger. Our brain reacts to threats, real or imagined, by sending a stress response throughout our body. Some stress responses are short-lived and have a small impact.

Common signs and symptoms of anxiety include:

Emotional symptoms:

- Feelings of worry or dread
- Feeling on edge or jumpy
- Restlessness or irritability
- Expecting the worst and looking out for signs of danger

Physical symptoms:

- Pounding or racing heart
- Shortness of breath
- Sweating
- Tremors and twitches
- Headaches
- Fatigue
- Insomnia
- Upset stomach



USE YOUR BREATH

Slowly breathe in for 4, hold it for 4, and then breathe out for 6. Repeat 10 times.

RELAX YOUR BODY

One by one, tense each muscle group in your body for 10 seconds and then release. Notice how it feels to let your muscles relax and leave the tension.

FOCUS YOUR ATTENTION

Pick a color. Look around the room you are in and name everything that is that color. Repeat with a different color.

GROUND YOURSELF

Do a scan of your body and notice the air around you and any surfaces you are touching. If possible, close your eyes and focus on sensations, textures, and temperatures.

Breathe



Coping Strategies for Anxiety and Stress

Things that help:

Support from peers and loved ones

Exercise

Coping strategies

- Slow, deep breaths
- Squeezing and relaxing your muscles one by one
- Shifting your focus by changing up what you're doing

5 Minute Mindful Breathing



“Relax the body, quiet the mind and focus on the present”

NUTRITION FOR THE MIND

“A Healthy outside starts from the inside”.



Supercharge Your Mind: 15 Foods for Better Memory and Focus!



FOOD FOR THE BRAIN

Eating certain foods can help you keep your brain in peak working condition.

Brain-Boosting Foods

Plus, fun ways to add them to your family's diet



Eggs



Peanut Butter



Whole Grains



Salmon



Berries



Apples



Beans



Colorful Vegetables



Dairy



Build. Educate. Empower.

