

Wayne Local Schools Wellness News!

November 1, 2020/ Issue 2



St. Mary's Episcopal Church ~ 107 S. Third Street at Miami Street
P.O. Box 653, Waynesville OH 45068 (513) 897-2435

Saint Mary's is home to the Wayne Township Community Services Program which assists hundreds of families every year with food, household goods, and other domestic needs.

Throughout the year special drives are conducted throughout the community to gather needed goods which are then brought to the church for distribution.

If you would like to contribute to the ministry, please use the collection basket in the hallway, or contact the parish office at (513) 897-2435

Donations to the food pantry are accepted on Monday, Wednesday & Friday from 3 to 4:30 pm.

We do not accept clothing or furniture.

We use monetary donations to purchase frozen pizzas, burgers, hot dogs, family meals, pot pies, etc for the large freezer that was donated last year!



What's in the bags we give to families in need at
Waynesville Food Pantry:

- 1 can of pasta with sauce (ravioli, etc)
- 2 canned meats (chicken, tuna...)
- 1 box/bag of a side (mashed potato, rice, noodles)
- 2 jars of peanut butter
- 1 jar of jelly
- 1 box of cereal, pancake mix etc
- 1 package cookies or dessert item
- 2 cans of chicken noodle soup
- 2 packages of ramen noodles
- 1 roll of paper towels
- 3-4 rolls of toilet paper
- 2 cans of fruit
- 1-2 boxes of spaghetti/dry pasta
- 1 jar of spaghetti sauce
- 2-3 boxes of mac and cheese
- 2 cans of green beans
- 1 can of baked beans
- 1 can of misc vegetable (when we have them)
- 2 cans of corn
- 1 box of granola bars
- 1 box of soda crackers
- 1 can of misc soup



How to Manage Stress

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 How do I "control" stress? <i>Psychology Today</i> explains STRESS: psychologytoday.com/us/basics/stress	2 Try positive self-talk: healthline.com/health/positive-self-talk	3 Find an organizational tool that works for you (i.e., planner, lists, etc.)	4 International Stress Awareness Day bit.ly/international-stress-awareness-2020	5 Try relaxation techniques: bit.ly/relax-and-manage-stress	6 Practice mindfulness: bit.ly/practicing-mindfulness	7 Practice gratitude: bit.ly/25-ways-to-practice-gratitude bit.ly/benefits-of-gratefulness bit.ly/free-printable-downloads
8 Write about something you enjoy!	9 Nature healing sounds: youtu.be/79kpoGF8KWU?t=4	10 Relaxing rain sounds: youtu.be/HmH4W8JOifg	11 Veterans Day	12 A positive self-talk video for kids: youtu.be/GSboXBkwpYo	13 A video on how stress affects your brain: youtu.be/WuyPuH9ojCE?t=6	14 Make a playlist of calming music. 15 Best Places for Free Music Downloads: bit.ly/lifewire-music
15 How to deal with stress as a teenager: bit.ly/stress-as-a-teen	16 How to deal with stress as a kid: bit.ly/stress-as-a-kid	17 Journaling as a stress reliever: bit.ly/journaling-relieves-stress Search "free journaling ideas" in your web browser if needed.	18 Aroma therapy as a relaxation technique: bit.ly/aroma-therapy-as-relaxation	19 Exercise your mind. 10 Brain Exercises to Boost Memory and Cognitive Function: bit.ly/10-brain-exercises	20 Full Body Kids Workout: Daily Physical Activity For Children At Home: youtu.be/uy5pnX4xAuw?t=2	21 5 Minute "Shake" Break for Kids: youtu.be/7o0aPVq07g8?t=3
22 Move and Freeze Brain Boogie Boosters by The Learning Station: youtu.be/388Q44ReOWE?t=10	23 Preschool Movement Songs: bit.ly/preschool-movement-songs	24 Exercise as a family! Dance, take a walk, do a scavenger hunt, create an obstacle course, take fitness breaks, or work in the yard together.	25 Call or text a friend. Talking with someone you care about reduces stress.	26 Laugh!	27 Take a power nap!	28 National Family Health History Day
29 "Improving Your Eating Habits," The Center for Disease Control and Prevention: cdc.gov/healthyweight/losing_weight/eating_habits.html	30 Be the best YOU can be! Follow YOUR own journey!	Stress Management by the American Heart Association heart.org/en/healthy-living/healthy-lifestyle/stress-management	Kaiser Permanente's Managing Stress: healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/stress-management	U.S. Department of Veterans Affairs, National Center for Health Promotion and Disease Prevention's Manage Stress: prevention.va.gov/HealthyLiving/Manage_Stress.asp	Natural Stress Remedies for Right Now by AARP: Healthy Living bit.ly/stress-reducers	



Parenting in a Pandemic: Tips to Keep the Calm at Home.

Address Children's Fears:

- **Recognize their fears and feelings:** Calmly say, for example, "I can see that you are upset because you can't have a sleepover with your friends right now." Guiding questions can help older children and [teens](#) work through issues. ("I know it is disappointing not to be able to do some of the things you did before the pandemic. What are some other ways you can have fun with your friends?")
- **Keep in touch with loved ones:** Children may also worry about a grandparent who is living alone or a relative or friend with an increased risk of getting COVID-19. When safe, [physically distanced](#) visits aren't possible, [video chats](#) can help ease their anxiety.
- **Model how to manage feelings:** Talk through how you are managing your own feelings.
- **Look forward:** Tell them that scientists are working hard to figure out how to help people who get sick, how to prevent it, and that things will get better.
- **Tell your child before you leave** the house for work or essential errands. In a calm and reassuring voice, tell them where you are going, how long you will be gone, when you will return, and that you are taking steps to stay safe.
- **Offer Extra Hugs:** say "I love you" more often.

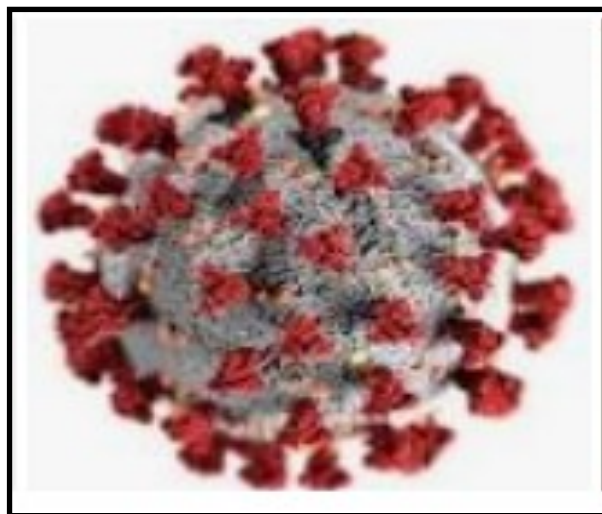
A B C D's of COVID 19

A– Always wear a mask (when you cannot distance from others)

B– Be aware of symptoms (stay home with fever or flu like symptoms)

C– Clean (wash you hands, clean all surfaces)

D– Distance (stay physically apart when possible)



“Exercise not only changes your body, it changes your mind, your attitude and your mood.”



Get Out and Move!



If you move well, you also think, feel, and live well.

It's proven that healthy movement helps us:

- Feel well, physically and emotionally
- Function productively
- Think, learn, and remember
- Interact with the world
- Communicate and express ourselves
- Connect and build relationships with others

Muscular weakness in adolescence is associated with disability 30 years later: a population-based cohort study of 1.2 million men.





“We Are Better Together”



What to do with
your leftover
Halloween
candy.

Donate Halloween candy

1. Treats for Troops.
2. **Halloween Candy** Buy Back.
3. Operation Gratitude.
4. Operation Shoebox.
5. Operation Trick or Treating for the Troops.
6. Ronald McDonald House Charities.

Community Worship Service

Date: November 17th

Time: 6:30 pm

Location: Waynesville First Baptist
Church

Lead By:

Pastor Dale McCloud- First Baptist Church

Pastor Brian Blankenship- Lytle Methodist

Pastor Joni Manson- Waynesville Methodist

Pastor Alan Scott- Cross View

Milton Cook- Quaker Friends Meeting

St. Augustine Catholic Church

Rev. Pamela Gaylor- St. Mary's Episcopal Church

Senior Warden- Roger Butler



**Wellness
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Charnelle Bees

Mrs. Charnelle Bees is the Waynesville Elementary School Counselor. This is her 24th year working for Wayne Local Schools. Mrs. Bees focuses on helping our youngest learners become familiar with the Waynesville Way and all it encompasses.



**HOW TO CONNECT WITH OUR
GUIDANCE COUNSELORS:**

Our current options for access to Well-ness and Mental Health Supports:

- Students can request a meeting with a school counselor with their building secretary.
- Parents may also reach out to our Mental Health Consultant, Josie Muterspaw, between 7:30 am– 2 pm. Phone: 513-897-649-7344 or jmuterspaw@wayne-local.com.
- Guidance Counselors available for assistance:

MS/HS: Sarah Snyder and Cathy Joefreda

Elementary: Charnelle Bees

