



Wayne Local
Schools



30 DAY SELF-CARE CHALLENGE

SPEND TIME
IMAGINING HOW
YOU'D LIKE TO FEEL
AT THE END OF
THIS CHALLENGE

DAY 1

DRINK A GLASS OF
WATER FIRST
THING EVERY
SINGLE MORNING

DAY 2

WRITE DOWN 1
POSITIVE THING
ABOUT YOUR DAY
BEFORE BED EACH
NIGHT

DAY 3

SPEND 30 MINUTES
DOING SOMETHING
CREATIVE THAT
YOU ENJOY

DAY 4

SPEND 10 MINUTES
IN THE SUN
THINKING ABOUT
YOUR SPIRITUALITY

DAY 5

RESEARCH A
SUBJECT YOU
KNOW NOTHING
ABOUT

DAY 6

CATCH UP WITH
AN OLD FRIEND OR
RELATIVE

DAY 7

CHECK YOUR
CREDIT SCORE AND
SET FINANCIAL
GOALS.

DAY 8

UNPLUG FOR
DINNER & HAVE
REAL CONVOS
WITH FAMILY

DAY 9

FIND A NEW TOOL
TO INCREASE
PRODUCTIVITY AT
WORK.

DAY 10

TRY A NEW DIET
FOR THE REST OF
THIS CHALLENGE.

DAY 11

PRACTICE POSITIVE
THINKING

DAY 12

ENJOY ALL THE
THINGS THAT MAKE
YOU LAUGH

DAY 13

TRY A 15 MINUTE
GUIDED
MEDITATION FROM
YOUTUBE

DAY 14

SPEND 15 MINUTES
OR MORE READING
SOMETHING YOU
ENJOY.

DAY 15

PLAN AN ADULT-
ONLY GETAWAY
WITH FRIENDS

DAY 16

IDENTIFY THINGS
THAT MAKE YOU
FEEL UNSAFE AND
WORK TO REMOVE
THOSE

DAY 17

ENJOY ONE-ON-
ONE TIME WITH
EACH MEMBER OF
YOUR HOME

DAY 18

SET GOALS TO
IMPROVE YOUR
PROFESSIONAL LIFE

DAY 19

GO FOR A 10-
MINUTE WALK
EACH DAY FOR THE
REST OF THE
CHALLENGE

DAY 20

WORK ON SAYING
YES TO YOU AND
NO TO OTHERS.

DAY 21

LIGHT A CANDLE
AND TAKE A
BUBBLE BATH

DAY 22

CONNECT WITH
THE EARTH BY
PUTTING YOUR
FEET IN THE GRASS

DAY 23

EDUCATE
YOURSELF ON THE
HISTORY OF YOUR
CITY

DAY 24

CLEAN YOUR
SOCIAL MEDIA
FROM PEOPLE WHO
DON'T BRING YOU
JOY.

DAY 25

DO SOMETHING
OUTSIDE OF THE
HOME AS A FAMILY

DAY 26

GET A MASSAGE

DAY 27

ENJOY A "ME DAY"
OUTSIDE OF THE
HOME!

DAY 28

LET GO OF GUILT

DAY 29

WRITE DOWN
EVERYTHING
YOU'RE GRATEFUL
FOR.

DAY 30

February: The Month of



GRIT and RESILIENCE... Grit has been a popular buzz word, hailed by authors and speakers as a key to success. GRIT is defined as "Passion + Perseverance" "G=P+P.. the Grit Formula".

Perseverance can be seen as a requirement for success, but alone doesn't make you successful. Passion is what you need to add to perseverance to make success. Passion is the magic or secret ingredient, but does not work by itself. Perseverance means to continually work hard, without giving up or quitting. It is consistency and diligence.

10 Must– Haves for Greater Grit


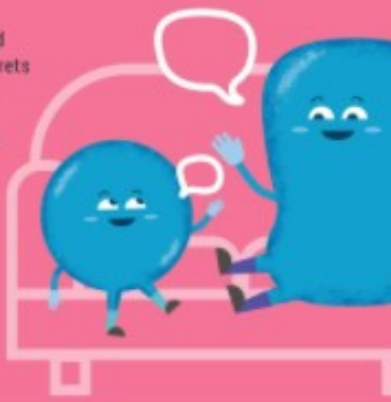
- Facing fear
- Having a moral compass
- Drawing on faith
- Using social support
- Having good role models
- Being physically fit
- Making sure your brain is challenged
- Having "cognitive and emotional flexibility"
- Having "meaning, purpose, and growth" in life
- "Realistic" optimism.

Parenting in the time of COVID-19

School closures, working remote, physical distancing — it's a lot to navigate for anyone, but especially for parents. To help parents interact constructively with their children during this time of confinement, WHO teamed up with the Parenting for Lifelong Health initiative to bring parents and caregivers a set of handy tips.

COVID-19 PARENTING Talking about COVID-19

Be willing to talk.
They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.



COVID-19 PARENTING: One-on-One Time

Set aside time to spend with each child
It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



COVID-19 PARENTING: Keeping it positive


Praise your child when they are behaving well
Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.



The best gift that you can give your child is time.

Attention is...
taking 20 minutes a day to give each child 100% of your attention.

For more Parenting tips during COVID-19 go to www.unicef.org or www.who.int



Family Exercise ideas for the Winter months



Winter Workouts

Once the weather turns cold, snow and ice can make jogging and cycling difficult — and even unsafe! Don't let the cold months of winter be an excuse to cut back on your exercise routine. Consider these indoor activities:

- Walk your local mall.
- Take the stairs whenever possible instead of an elevator or escalator.
- Walk around your building's hallways during your lunch or coffee break.
- Don't wait for spring for a thorough house cleaning. Wash the inside of your windows, vacuum or shampoo the carpet or clean out your closets.
- Watch and follow an exercise video.
- Exercise indoors at a nearby gym.

Cold weather doesn't mean you have to say good-bye to all outdoor activity. There are many ways to enjoy the weather by taking your physical activity outdoors. Why should kids have all the fun in the winter?

- Have a snowball fight.
- Go ice skating.
- Go sledding.
- Make snow angels.

Wellness Committee Contacts:

Anna Garafolo–

agarafolo@wayne-local.com

Ruth Markham-

rmarkham@wayne-local.com

Stephanie Ghantous-

sghantous@wayne-local.com

Charnelle Bees-

cbees@wayne-local.com

Josie Muterspaw-

jmuterspaw@wayne-local.com

Sarah Snyder-

ssnyder@wayne-local.com



**Sarah Snyder–
High School Guidance Counselor**

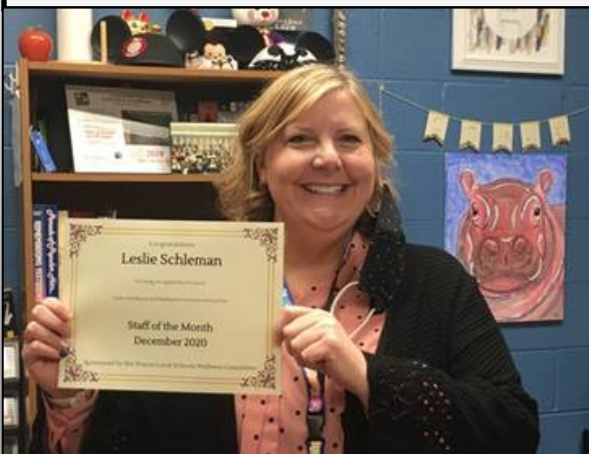
HOW TO CONNECT WITH OUR

GUIDANCE COUNSELORS:

Our current options for access to Wellness 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



**Congratulations to Ms. Leslie Schleman for being December's staff member of the month–
Representing "JOY"**