

# WELLNESS

The Official "Wellness" Newsletter



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by Barbara Christianson, Student Assistance Counselor

Traditionally, students and staff are well adjusted to the routine of the new school year by October. However, this year looks very different from what we are accustomed to. I am finding it difficult to navigate an ever changing world. Finding a routine in our life is so important. It is essential for me that my family has a balance of school work, leisure activities, sports and social relationships. I find that sleep and proper nutrition are critical to ensuring that my family remains healthy and happy.

Maintaining this balance isn't always easy, and sometimes we can't complete all of our tasks. What's important to remember is that we are all doing the best we can. I try to begin each day as a fresh start, and to move forward in a positive manner.

In October we celebrate many important events. These include: Week of Respect, Stomp Out Bullying, Red Ribbon Week, Anti Violence Week, Breast Cancer Awareness, Domestic Violence Awareness, and the classic National Pizza Month. Please explore the links in this newsletter to learn more information about each of these events.

## A Virtual Assembly for Week of Respect Dr. Paul Wichansky

Dr. Paul came to Hasbrouck Heights 15 years ago and spoke to our students about what it is like to be born with cerebral palsy and hearing loss. He has overcome adversity and is a keynote speaker for over 40 years. Please click on the link to hear his TED talk entitled *Taking the 'Dis' out of Disability*.

[Taking the 'Dis' out of Disability](#)



# ACTIVITIES

## Be the "I" in Kind

This is an activity students can do at home. Take a selfie in place of the "I" in kind and #HeightsStrong.



## The Kindness Rocks Project



## World Mental Health Day Events - October 10th

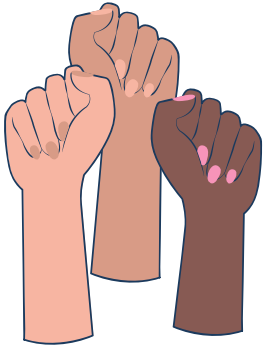
# Resources

Hotlines/Helplines

COVID-19 Community Resources Link

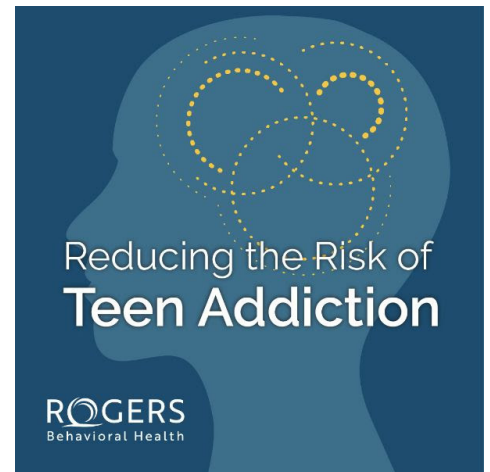
Parent Resources HHHS

STOMP Out Bullying Website



Resources to Support Inclusivity, Social Justice in our Communities

A new podcast series



Breast Cancer Awareness Events

Domestic Violence Awareness Events



Have you been to any of these Pizza places?

