

# Health headquarters

April 2020

“because every child deserves a School Nurse”

## Healthy Lifestyle



Taking care of your mind & thoughts

Taking care of your physical health & body

# Self-Care

Increasing your own well-being through self-care behaviors

Taking care of your spiritual health

Taking care of your emotions

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## 5 Minute Self-Care Exercises

1. Take a walk around the block
2. Focus on your breathing
3. Write down your thoughts on paper
4. Make yourself a cup of calming tea
5. List the things you're grateful for
6. Stretch
7. Call a friend for a chat
8. Listen to cheerful or calming music
9. Rehydrate with a glass of water
10. Read or watch something that makes you laugh

## Brighten your day

A little taste of sunshine: **Green pineapple Smoothie**

### Ingredient Checklist

- 1/3 cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- 1/2 cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1-2 1/2 cup unsweetened almond milk
- 1-2 teaspoons pure maple syrup or honey (optional)



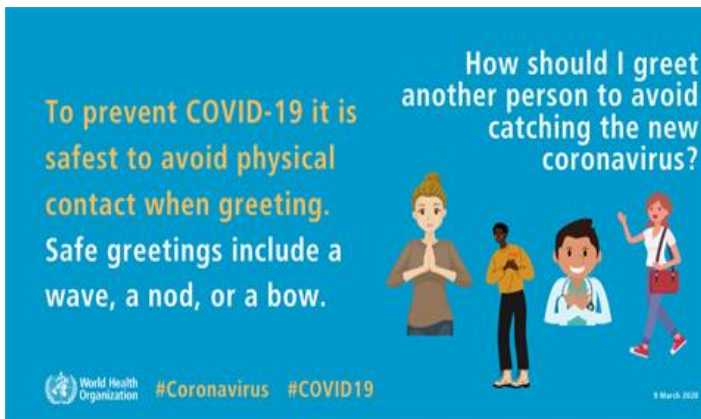
### Directions

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia and sweetener (if using); blend until smooth.

# Prevention

What is 6 feet ?

- 6 feet is the recommended distance between you and another person when out in the public



## did you know...

April is Autism Awareness month

[World Autism Month FAQ | Autism Speaks](#) [autismspeaks.org](https://www.autismspeaks.org)



April 22, 2020 is the 50th anniversary of Earth day.

- This year's theme is climate.
- Check out these websites
  - [3 Ways to Celebrate Earth Day All Through April \(on Lockdown, of Course\)](#)
  - [Earth Day 2020](#)



Here is a poem written by one of our nurses at the Kevin O'Grady School.

**INFECTION PROTECTION  
COVID19**

*Protection from infection is easy to do,  
Follow the CDC's guidelines and rules:*

*Wash your hands for 20 seconds with soap,  
Not just water!  
Help stop the spread of germs from going any  
farther.*

*When going outside, you may don a mask.  
Why? You ask.  
To protect you from germs still in the air,  
I think that is fair!*

*When standing in line or going for walks,  
Remember to always keep 6 feet apart.  
Physical distancing, another way you can do  
your part!*

*If you feel like coughing or sneezing,  
Don't use your hand---that is not pleasing!  
Use your elbow to cover your nose and your  
mouth.  
Keep those germs from going North, East, West  
or South!*

*Stop before you put your hands to your face.  
Let's get back to healing the human race.  
Follow these simple guidelines and rules,  
So the world can get back to work and school.*

*By Sheila McCarthy RN*

One last thought...

*Wherever you go, no matter what the weather, always bring your own sunshine. ☀*

**Brought to you by our School Nurses:**

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