

# Student Health & Wellness

## Salud del Estudiante



The goal of National Stress Awareness Day is to identify and reduce stress factors in your life.

Everyone has stress. Some stress is good for us. It helps us to respond to changes in life. Stress is our body's way protecting itself from harm. However, too much stress causes harm to our health and relationships. Identifying the stressors impacting our physical and mental health is important. Sometimes, health problems are the cause but our health can also be affected by external stressors such as physical abuse, stressful work environments, financial stress, or other family health issues.

Once we identify the causes of stress in our lives, we can begin to eliminate or reduce the stress. Some tools that help with stress include the following:

- Develop coping skills for anxiety
- Identify and let go of the things you cannot change
- Exercise helps up to let go of built-up anxiety
- Eating a balanced diet fuels our bodies so we're able to better cope with stress
- Identify your triggers
- Write things down
- Spend time with family and friends
- Find time for hobbies or other enjoyable Activities

### Monroe Distance Learning Schedule



#### TK/K Distance Learning Schedule (total instructional minutes = 180)

Time	Monday, Tuesday, Thursday, Friday	Minutes
8-9:30	SST, 504, IEPs, Prep/Planning (teachers)	90
9:30-11:00	Instructional Block #1	90
11-12:00	Lunch	60
12-1:30	Instructional Block #2	90
1:30-3:15	Planning/ Preparation Teachers	105

#### 1st-3rd Distance Learning Schedule (total instructional minutes = 230)

Time	Monday, Tuesday, Thursday, Friday	Minutes
8-9:30	SST, 504, IEPs, Prep/Planning (teachers)	90
9:30-10:30	Instructional Block #1	60
10:30-10:45	Break	15
10:45-12:15	Instructional Block #2	90
12:15-1:00	Lunch	45
1:00-2:30	Instructional Block #3	60
2:30-3:15	Planning/ Preparation Teachers	55

#### 4th-6th Distance Learning Schedule (total instructional minutes = 240)

Time	Monday, Tuesday, Thursday, Friday	Minutes
8-9:30	SST, 504, IEPs, Prep/Planning (teachers)	90
9:30-10:30	Instructional Block #1	60
10:30-10:45	Break	15
10:45-12:15	Instructional Block #2	90
12:15-1:00	Lunch	45
1:00-2:30	Instructional Block #3	90
2:30-3:15	Planning/ Preparation Teachers	45

- Wednesdays
- Asynchronous (independent) learning
  - Student intervention and support
  - Teacher office hours



# Attendance Policy/Política de Asistencia

Wednesdays are considered a school day & attendance is taken by online activity. Please have your student log on and work on assignments. Please have them do so during the school day to avoid being marked absent.

Los miércoles se consideran un día escolar y la asistencia se toma por actividad en línea. Por favor haga que su estudiante inicie sesión y trabaje en las tareas. Por favor, pídale que lo hagan durante el día escolar para evitar ser marcados como ausentes.



## Note From The Nurse

### Informacion de la enfermera

**Hello Monroe Bears! The Fall/Winter season brings on many fun activities. If you participated in Halloween activities and got your hands on some yummy candy remember to limit how much you eat. Parents are advised to monitor candy/sweets intake. Too many sweets can cause hyperactivity, stomachaches, inability to focus, and sleep less nights. Teeth are very sensitive to sugar and the more consumed the higher risk for cavities. Everyone is encouraged to practice good mouth hygiene by brushing, flossing, and using mouthwash at least twice a day and see a dentist every 6 months.**

**¡Hola Padres de Monroe! La temporada de otoño/ invierno trae muchas actividades divertidas. Si participó en las actividades de Halloween y consiguió algunos dulces deliciosos, recuerde limitar la cantidad que come. Se aconseja a los padres que controlen la ingesta de caramelos / dulces. Demasiados dulces pueden causar hiperactividad, dolores de estómago, incapacidad para concentrarse y dormir menos por la noche. Los dientes son muy sensibles al azúcar y cuanto más se consumen, mayor riesgo de caries. Se alienta a todos a practicar una buena higiene bucal cepillándose, usando hilo dental y enjuague bucal al menos dos veces al día y acudiendo al dentista cada 6 meses.**

## FOOD DISTRIBUTION/ DISTRIBUCIÓN DE COMIDA

Every Wednesday-Times: 11:00 a.m. - 12:30 p.m. Boxes will include a week's worth each student

**\*\*ONE TIME ONLY- 11/12, THURSDAY\*\***

Cada miércoles-Horarios: 11:00 a.m.- 12:30 p.m. Cajas incluirán comida para una semana para cada estudiante

**\*\*CAMBIO ÚNICO- 11/12, JUEVES\*\***

