



Health + Wellness

NEWSLETTER

New Year, AMAZING YOU!

I love a fresh start, don't you?! A new year is the perfect opportunity to reflect, assess, and set your intentions!

In my family, we love to set goals for ourselves and as a family! This year, we are all trying to read more, hike more, run more, and celebrate more!

Scroll on down to see fun ways to set and plan your goals for 2026! It's a year filled with opportunity!

GERMS!

Everything is going around right now...

Please be sure to review healthy hygiene habits with your students

And please click the link below to read through our district's Wellness Policy

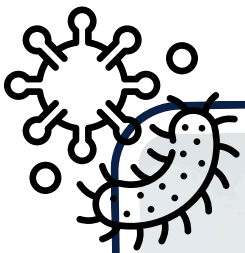
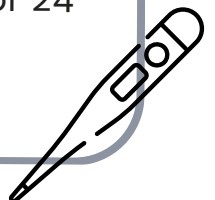


Healthy Habits

1. Wash your hands frequently
2. Sneeze and cough into your elbow
3. Avoid touching your face
4. Eat a well-balanced diet
5. Get lots of sleep
6. Move your body, exercise
7. Drink plenty of water
8. Stay home when you're sick
 - a. Fever of 100 or above
 - i. Must be fever-free for 24 hours before returning
 - b. Vomiting or diarrhea
 - i. Must be symptom-free for 24 hours



DBASD WELLNESS POLICY



Goal-Setting

I thought THIS article from Penn State Health was a great read. If you love goal setting, especially as a family, this article is for you! Things my own family is working on this year:

- Dividing household chores
- Planning family adventure days
- Budgeting together

Goal-setting is such a wonderful skill to learn and use. Even as an adult, I am always creating goals to help me grow!



What are your goals?

FREE BREAKFAST + FREE/REDUCED LUNCH!

Did you know that every student can receive **FREE BREAKFAST** without filling out any forms!?

Please let your student(s) know that if they arrive to school hungry, they can grab free breakfast!

We often offer pre-packaged apple slices, whole bananas, and more than can be saved as snacks for later in the day!

Have you filled out the free/reduced school lunch application yet?

Visit [THIS](#) link to learn more!



AROUND THE COMMUNITY!

Amity AC Soccer

DEADLINE TO REGISTER IS MARCH 15

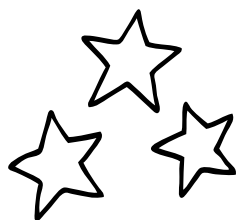
[REGISTER BY CLICKING HERE](#)

Daniel Boone Youth Sports Softball and Baseball

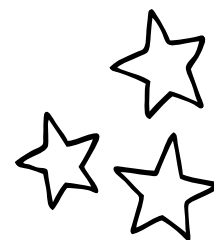
DEADLINE TO REGISTER IS FEBRUARY 15

[REGISTER BY CLICKING HERE](#)





MY 2026 GOALS



My Bucket List

Word of the Year

A simple line-art icon of a lit lightbulb with rays emanating from it, positioned in the bottom left corner of the card.

Mantra of the Year

A simple line-art icon of a hand with the index finger pointing up, positioned in the bottom right corner of the card.A simple line-art icon of a paperclip, positioned in the top left corner of the card.

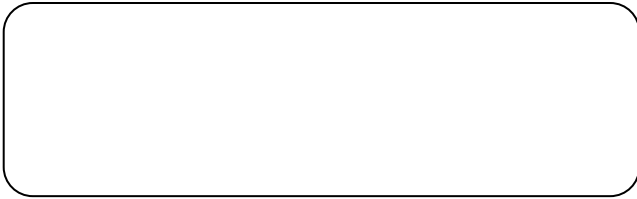
Ways to Show Kindness

A simple line-art icon of a heart, positioned in the bottom left corner of the card.

Gratitude Journal

Date

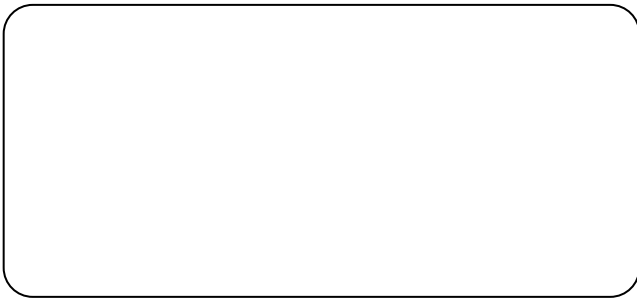
Water Tracker

A large, empty rectangular box with rounded corners, intended for tracking water intake.

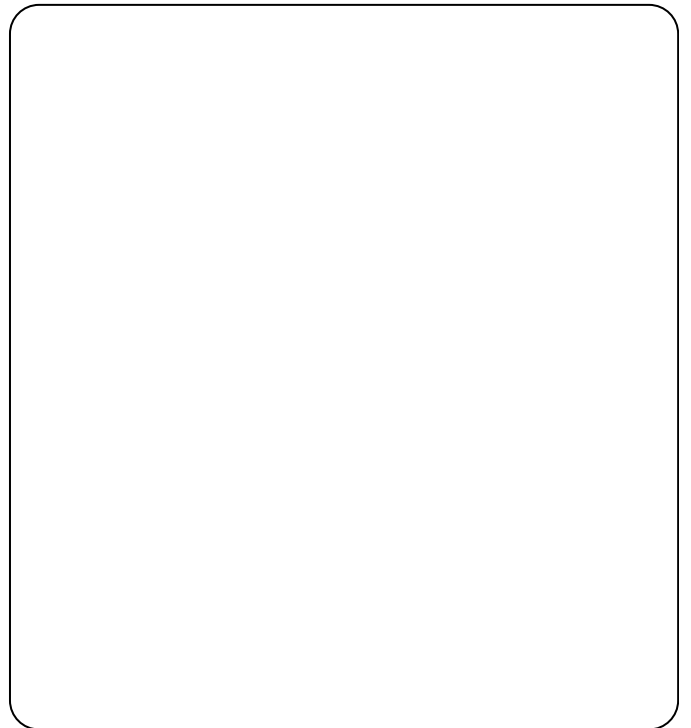
Today I am grateful for

- ---
- ---
- ---

Mood Tracker

A large, empty rectangular box with rounded corners, intended for tracking mood.

Describe today in a drawing

A large, empty rectangular box with rounded corners, intended for drawing a description of the day.

Weather Tracker

A large, empty rectangular box with rounded corners, intended for tracking weather.

Thoughts, Reflections, Worries, Etc.

HABIT TRACKER

HABIT	CHECKLIST
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notes:

