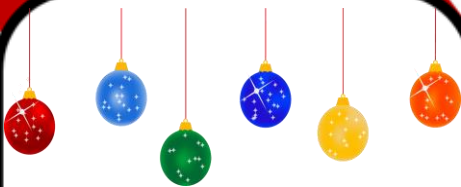







December

WELLNESS NEWSLETTER



Colds, flu and other contagious diseases are a serious issue in a school environment because they can spread so rapidly. Parents are asked to keep children home when they show symptoms of illness. If the child is ill, please call the school before 9:00am to report the absence.

-  [Fever](#)
-  [Contagious Condition](#)
-  [Cold/Flu](#)
-  [Diarrhea](#)
-  [Vomiting](#)

For more information, click an illness to be redirected to our school website.

Natural Pain Relief! **Endorphins!**

What is that?!

Endorphins are chemicals produced by the body to relieve stress and pain! You can increase your endorphin levels by the following below:

- Regular Exercise
 - Lifting Weights, Running, Hiking, Swimming Etc.
- Giving
 - Volunteering, donating & helping others
- Yoga and Meditation
- Spicy Foods
 - Hot peppers
- Dark Chocolate
 - at least 70% cocoa
- Laughing

However, endorphin levels vary between individuals, so results will also vary.



Regular exercise, stress reduction, and giving to others are well-known "feel-good" activities that can help a person live a healthier and happier life.

The endorphin "high" is a pleasant bonus that may help a person stick to these good habits.

Vision and Hearing results are available on your Parent Portal in JMC Vision referrals have been already sent out. The hearing rescreens will be taken this week.



Please encourage your children to wash their hands frequently; before eating, after using bathroom, blowing their nose or playing outside. It is the most effective way to stay healthy and prevent illness. Another good encouragement is to have them cover their mouth and nose with a tissue or cough and sneeze into their elbow, not in their hands.

