

May is Mental Health Awareness month!

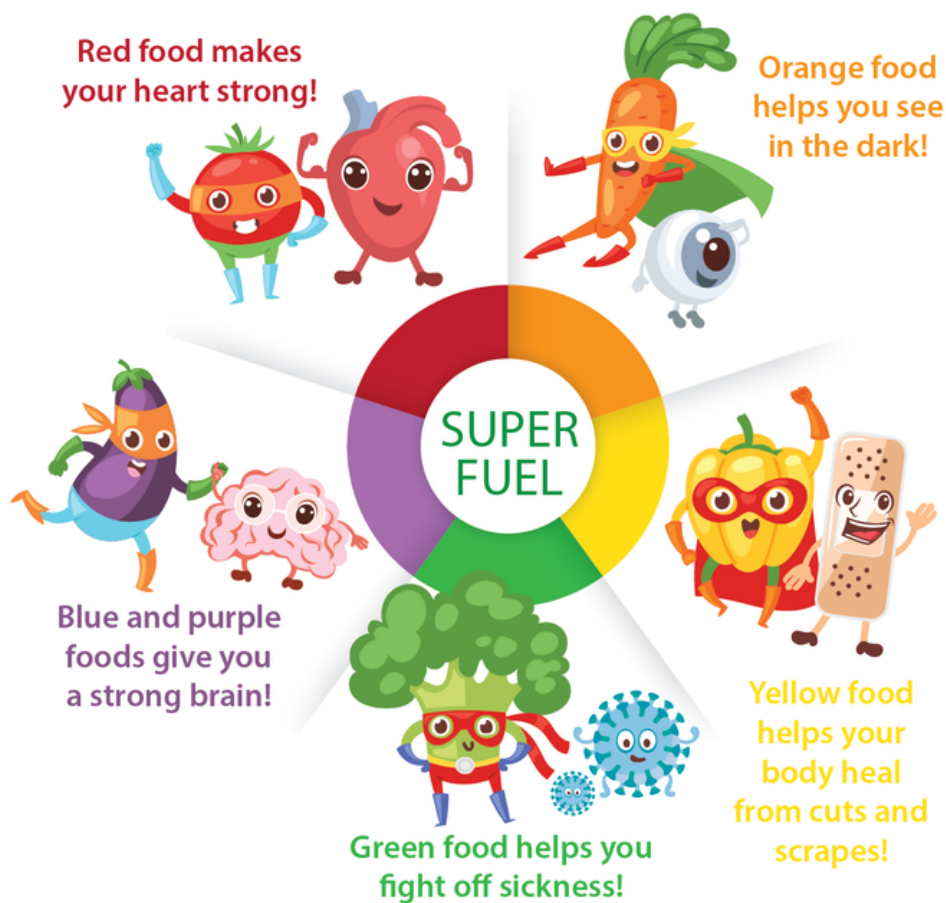
- Mental health has a huge impact on your physical health as well so it is very important to take good care of both
- How can you do this?
 - Go outside and enjoy some fresh air and sunshine
 - Check in with yourself on how you are feeling and what things may be going well or not going well lately
 - If they are not going well-think about what can you do to change that
 - If you feel like it is something that you need more support for, there are many resources available in the community-but at school you can start with a counselor, a teacher, or another trusted adult that you feel comfortable talking to!

"EAT THIS. IT'S GOOD FOR YOU!"

When we say this, most kids run in the opposite direction. They often associate "good for you" with "not tasty" or "not what I like to eat."

Rather than saying "This is good for you," consider easy-to-remember words that portray healthy food as powerful - like fuel for superheroes!

The more colorful the plate, the healthier your "super kid" will be!



Step Up & BWell Reminders

- **Be sure to fill out the survey you receive by email** – check your child's email too. We're recommending parents fill it out for elementary students. Middle- and high-school students can fill it out themselves. It is a REALLY important part of the grant we received for this program!
- **Encourage your kids to fill out their exercise logs daily.** Otherwise, it becomes a bigger task than it needs to be. Plus, there's nothing like that feeling of accomplishment when we track our healthy behaviors and contribute to our Team totals.

CHALLENGES THIS MONTH

- Brainstorm at least one thing you can change in your daily life to improve your mental or physical health!

Bulldog Reminders

- **Whole District**
 - 5/25: Graduation 7pm
 - 5/29: Memorial Day-No School
- **Elementary School**
 - 5/8: Kindergarten & Young Fives music concert and art gallery display
 - 5/22: Second grade music concert and art gallery display
 - 5/24: Fifth grade Hartley trip
- **Middle/High School**
 - 5/3: Mental Health Awareness Month Kickoff-wear GREEN!
 - 5/3: Blood drive
 - 5/13: Junior/Senior prom 6-10:30pm
 - 5/18: Spring into Service

Only 4 more Mondays to wake up for this school year. You've got this Bulldogs!



RESOURCES

For StepUp & BWell assistance, reach out to your district HRA:

Name: Ashley Frank
Email: franka@stccs.org
Phone: 989-702-5114



BWell Saginaw
BWellSaginaw.org

Saginaw County Community Resource Guide:
<https://saginawpublichealth.org/media/5nphobaf/2020crg.pdf>