



RMP DECEMBER NEWSLETTER

HEALTHY HOLIDAYS AND
WINTER WELLNESS

Gifts for Friends and Family

WRITTEN BY SHAMIKA GARDNER

As we approach the holiday season, it's important to focus on maintaining healthy habits and managing stress. This month, we have tips for staying healthy during the holidays, managing holiday stress, and keeping active during the winter break. Healthy Holidays The holiday season is filled with delicious treats and festive meals. Here are some tips to help you and your family enjoy a healthy holiday season:

- **Moderation:** Enjoy holiday treats in moderation. Focus on portion control and savoring small amounts of your favorite goodies.
- **Healthy Alternatives:** Incorporate healthier versions of traditional holiday dishes. Use ingredients like whole grains, lean proteins, and plenty of fruits and vegetables.
- **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated and help control hunger.



**MORE HOLIDAY NEWS INSIDE:
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Stress Management The holiday season can be stressful with all the activities and expectations. Here are some strategies to help manage stress and promote mental well-being:

- **Plan Ahead:** Make a schedule to manage your time effectively and avoid last-minute stress.
- **Practice Mindfulness:** Take a few minutes each day to practice mindfulness or meditation to relax and stay centered.
- **Stay Active:** Physical activity is a great way to reduce stress. Take a walk, do some yoga, or have a family dance party.

Winter Wellness Staying active during the winter months can be challenging, but it’s important for maintaining overall health. Here are some tips for staying active during the winter break:

- **Indoor Activities:** Try indoor activities like dancing, yoga, or fitness videos to stay active when it’s too cold outside.
- **Winter Sports:** If you have access to winter sports like ice skating, skiing, or snowboarding, these can be fun ways to stay active.
- **Family Fun:** Engage in family activities like building a snowman, having a snowball fight, or going for a winter walk.



JOIN OUR WELLNESS EFFORTS!

WE INVITE ALL FAMILIES TO JOIN US IN OUR WELLNESS EFFORTS. YOUR INVOLVEMENT AND SUPPORT ARE CRUCIAL IN MAKING OUR WELLNESS INITIATIVES SUCCESSFUL. TOGETHER, WE CAN CREATE A HEALTHIER SCHOOL ENVIRONMENT FOR OUR STUDENTS.

CONTACT US IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO GET INVOLVED, PLEASE CONTACT:

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THANK YOU FOR YOUR CONTINUED SUPPORT IN PROMOTING HEALTH AND WELLNESS AT ROCKY MOUNT PREPARATORY SCHOOL. WISHING YOU AND YOUR FAMILY A HEALTHY AND JOYFUL HOLIDAY SEASON!

WARM REGARDS,

SHAMIKA GARDNER
CHILD NUTRITION COORDINATOR
ROCKY MOUNT PREPARATORY SCHOOL