



Executive Education Academy Charter School

Raptor Wellness Newsletter



Fall 2024 Edition



Wellness Committee Members

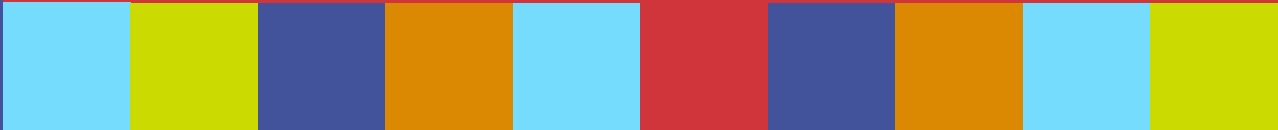
Kim Bjorkman
Brent Blickensderfer
Nicole DeLong
Jayme Ingram
Mari Perez
Sheri Peters
Brenda Raught
Jenna Schray
Melissa Tollen

Welcome to this years first Wellness Newsletter!

You will find a variety of information for adults & students.

This issue highlights a new feature, finding the Raptor hidden in the issue!

This article includes:

- ✓ Skin care tips
 - ✓ Gardening ideas
 - ✓ Seasonal wellbeing and how to slow down
 - ✓ Fall recipes
 - ✓ Foundations for mental health
 - ✓ Healthy hand hygiene
 - ✓ Nutrition tips for the fall season
 - ✓ Fitness ideas to use at home and the classroom
 - ✓ Hiking through the Lehigh Valley
 - ✓ Kids puzzles
- 

Keep Hands Clean

Prevent the Spread of Germs

PLAIN

VS.

Antibacterial

According to the CDC, soap and water are more effective than hand sanitizers at removing certain kinds of germs.

The Scrub Down

1	Wet hands with clean water	2	Lather your hands with soap, including the backs, under nails and between fingers
3	Scrub hands for at least 20 seconds, long enough to sing the "Happy Birthday" song twice	4	Rinse hands thoroughly
5	Dry hands with a clean towel or air dry		

What About Hand Sanitizer?

- When soap and water aren't available, use a hand sanitizer containing at least 60% alcohol
- Sanitizer can reduce the number of microbes on the skin, but it will not eliminate all types of germs
- Hands should not be visibly dirty or greasy; soap and water work better in this case
- Soap and water are still the best way to clean hands

Why You Should Wash Your Hands, Even After Using Hand Sanitizer



There are certain pathogens that hand sanitizer doesn't kill, such as norovirus, *Cryptosporidium* and *Clostridiodes difficile*. However, by washing your hands properly, you can help to remove these germs from your skin.

HEALTHY HAND HYGIENE

by Mari Perez

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections.

Here are some tips for washing hands with soap and water:

- Wet hands with clean, running water
- Apply soap
- Lather hands by rubbing them together
- Scrub hands for at least 20 seconds
- Rinse hands well under clean, running water
- Dry hands with a clean towel or air dryer



Here are some tips for using hand sanitizer:

- Apply the gel product to the palm of one hand
- Cover all surfaces of hands
- Rub hands and fingers together until they are dry

**SPARKLE & SHINE,
WASH YOUR HANDS EVERY TIME**

WASHY WASHY WASHY

By Mari Perez

MAKE WASHING HANDS
INTO A FUN ACTIVITY
FOR THE KIDS



Reward good hand washing habits.
Give kids stickers, small toys, or other incentives
to motivate them to keep washing their hands.

HANDWASHING SONGS for kids



The More We Wash Our Hands

Tune: The More We Get Together



The more we wash our hands,
our hands, our hands,
The more we wash our hands,
the healthier we'll be.
For your friends are my friends,
And my friends are your friends.



Wash Your Hands

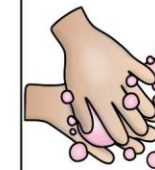
Tune: This Old Man

Wash your hands.
Wash your hands.
Soap will make them clean again.
With a scrub, scrub, scrub.
You'll make them look brand new.
Don't forget your fingernails too!



Tops and Bottoms

Tune: Are You Sleeping?



Tops and bottoms,
Tops and bottoms,
In between, in between.
Rinse your hands off
really good,
Dry them, dry them
like you should.
Clean, clean, clean.
Clean, clean, clean!



teachingmama.org



Here are some Nutritional tips for fall



By Melissa Tollen

- **Eat whole grain**

Whole grains are high in B Vitamin , which can help improve mood and reduce anxiety, depression , and seasonal affective disorder.

- **Eat fiber-rich foods**

Vegetable are high in fiber and nutrients , and can help you feel full. Butternut squash, Brussel sprouts, and pears are all fall foods that are high in fiber.

- **Eat Apples**

Apple contain fiber , phytochemicals, and vitamin C, which can help lower cholesterol and inflammation levels.

- **Eat Pumpkin**

Pumpkins contain zinc, magnesium, and vitamin A and C, which can help prevent tooth decay , weak bones, and bleeding gums.

- **Eat sweet potatoes**

Sweet potatoes are a good source of vitamin C and vitamin B6. If you keep the skin of the potato on , you'll also get fiber.

- **Last but definitely not least STAY HYDRATED !!!!**

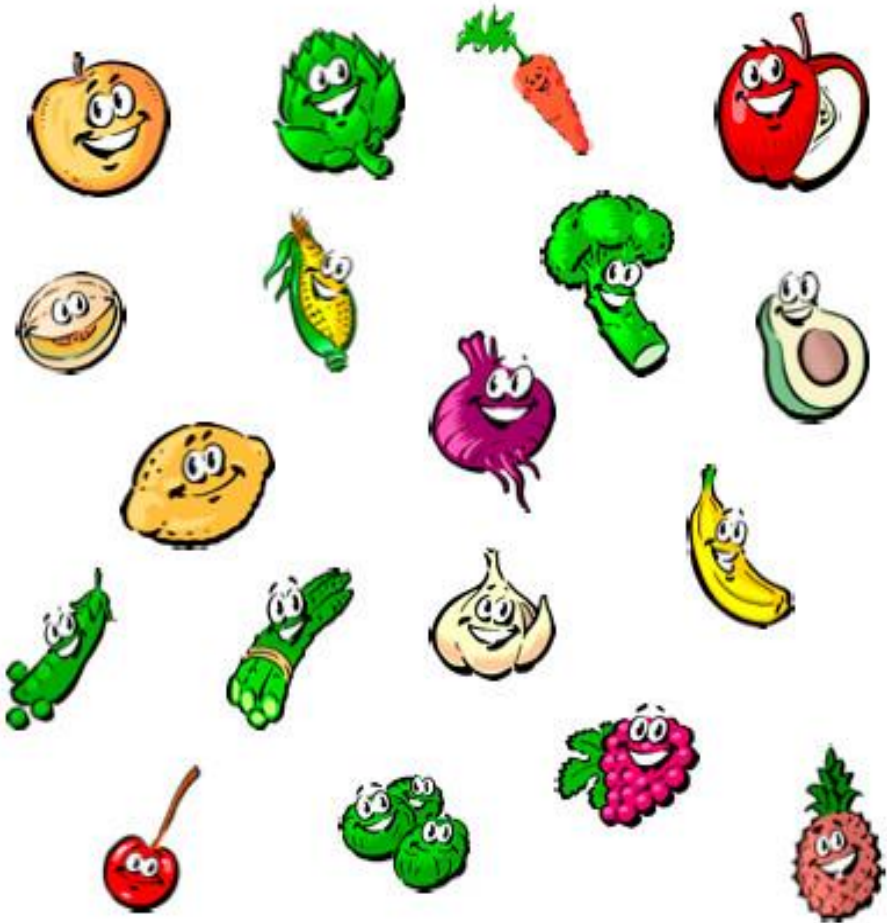
Staying hydrated can help with weight loss by curbing hunger pangs and making your metabolism more efficient.



KID EXPLORERS LOVE FRUITS AND VEGETABLES!

Veggies and Fruits add a rainbow of color to your meal.
Can you guess our names and what food group we belong to?

Put a square around all the fruits. Put a circle around all the vegetables.



Visit www.ChefSolus.com
for printable worksheets for kids,
nutrition education games,
puzzles, activities and more!

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Skin Care Tips!

By Jenna Schray

Taking care of your skin is an important part of maintaining overall health, but not everyone knows the best way to go about it. There are a few common skincare mistakes that people make, which could be damaging their skin and sabotage their routine.

1. Skipping Sunscreen: Without adequate sun protection, skin can suffer from long-term damage and signs of premature aging.

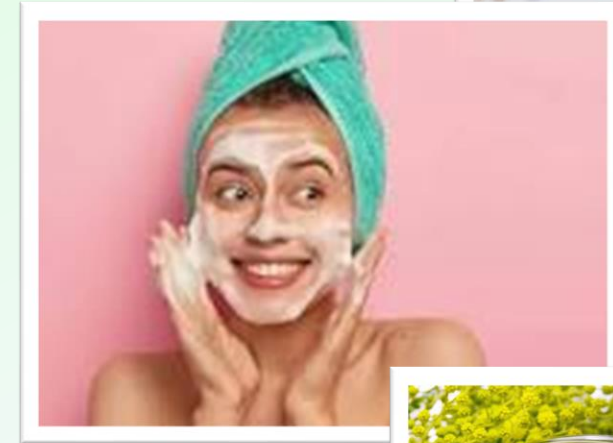
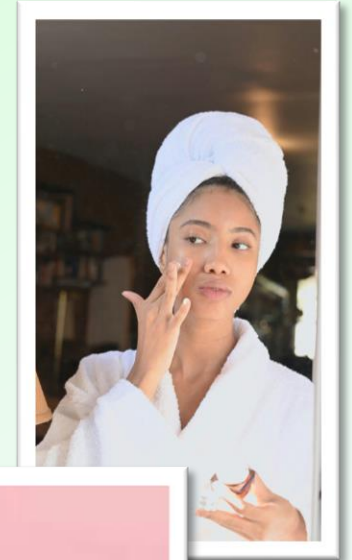
2. Not Wearing Enough Moisturizer: Not moisturizing your skin enough can lead to dryness, flaking, and irritation.

3. Over-Exfoliating: Too much exfoliation can strip away the protective layer of the skin and cause damage or irritation.

4. Not Cleaning Your Makeup Brushes Regularly: Dirty makeup brushes can harbor bacteria which could be damaging to your complexion if transferred onto your face while applying makeup or products.

5. Ignoring Your Skin Type When Buying Products: It's important to use skincare products designed for your particular skin type in order to maximize their effectiveness and avoid causing any adverse reactions on the skin, such as breakouts, redness, rashes, etc.

6. Taking Long Hot Showers/Baths: Taking long hot showers or baths may seem like an indulgent way to relax, but it can actually be quite damaging to your skin. Long exposure to hot water strips the natural oils and moisture from the surface of your skin, leaving it dry and prone to irritation. It also increases blood flow to the skin's surface, which can aggravate existing skin conditions such as eczema or psoriasis.



Pamper Children with a Face Mask!

By Jenna Schray

Children are exposed to dust, pollution, and other skin irritants every day. Homemade face masks for kids offer a fun and interesting way to cleanse, protect, and nourish their delicate skin, with simple ingredients that you can easily find in your kitchen.

Check out this simple step-by-step guide to prepare a homemade kid-friendly face mask.

You will need

- Mixing bowls
- Measuring cups
- Wooden spoons
- Plastic container with lid
- Honey
- $\frac{1}{4}$ cup oatmeal
- $\frac{1}{2}$ cup yogurt



How to

- Gather all the ingredients on your kitchen table and instruct your child to wash their face with soap and water.
- Pour two tablespoons of lukewarm water into the oatmeal in a separate plastic container and cover the lid for about ten minutes.
- Next, mix one tablespoon yogurt to the warm oatmeal mixture and let it cool.
- You may add honey and yogurt to the oatmeal for skin softening.
- Apply the homemade oatmeal-based face mask to your child's skin. Focus on the areas such as the forehead, cheeks, and nose.
- Ask your child to wash off the face mask using plain tap water and wipe their face with a cotton pad.



What is Seasonal Wellbeing?

By Kim Bjorkman

Changing seasons from summer to fall will bring shorter days, less sunlight, and colder temperatures! You may be someone that enjoys the summer days and dreads the colder weather that is on its way. Or maybe you love the fall months because of the beautiful fall colors and putting on that cozy sweater. No matter who you are learn to enjoy the cozy, slower and darker days that Autumn brings. Our minds and bodies need the rest that the Autumn season brings.

We live in a society that seems to think you need to be busy and pushing yourself daily. This life style easily leads to stress, burnout, fatigue, and illness. Often times we may not listen to our bodies and slow down or sleep an extra hour or two.

The Autumn season is a good reminder for us to take time to slow down. There are some simple routines, that we can start to use to ease us into the season. These habits will help you find rest, relaxation, and peace at times when it is needed most.

Simple Routines to Adopt for Seasonal Wellbeing



- ❑ Try to get a little extra sleep, even going to bed just 15 minutes earlier each night is an easy start.
- ❑ Find some delicious soup and stew recipes that are comforting to the soul. Who doesn't like soup on a cold day to warm themselves from the inside out?
- ❑ Take time to spend with friends or family. Nurture and strengthen those relationships by playing games, having deep conversations, or a walk in nature together.
- ❑ Light candles in your home! It will honor the longer nights and bring a cozy, peaceful atmosphere into the room.
- ❑ Plan down time where you are free from plans, distractions, or pressure. That could mean saying no to invitations with people that do not feed your energy and wellbeing.
- ❑ Take time to journal. It doesn't mean you have to write down everything that happened to you that day. It also doesn't mean you need to write down your feelings for the day. There are many kinds of journals. Perhaps a doodle journal, a journal of lists, or an art journal are more your style.
- ❑ Try relaxing with a warm cup of calming tea or hot cocoa to warm yourself. Try adding ingredients that also support your health, such as turmeric, ginger, cinnamon, cardamom, fennel, elderberry and echinacea. Perhaps you can sip that cup of tea or cocoa while you relax on your porch and watch the leaves fall, sit in the park and people watch, or take the time to read that book you have been wanting to start.



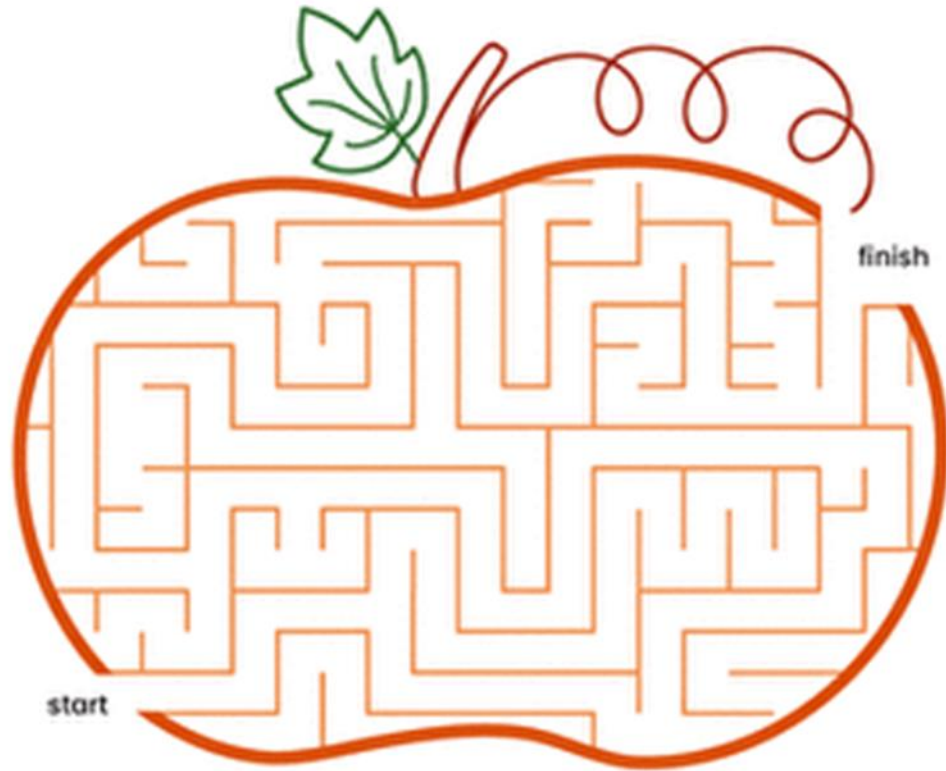


Questions to Ask Yourself to Adopt Seasonal Wellbeing

1. **What** activities are bringing you joy and contentment this season?
2. **What** are the hobbies, activities, places, or people that you find peace and contentment?
3. **How** can you prioritize your time to incorporate more time in your week to do these things?

Pumpkin Maze

Draw a line from start to finish to find your way through this pumpkin maze.



By Kim Bjorkman

Autumn Word Search

IT'S BACK-TO-SCHOOL TIME!

Find and circle
all of the words
in the list
below.



P	U	M	P	K	I	N	B	U	E
K	S	A	Q	T	W	L	J	M	G
D	C	O	L	O	R	S	R	B	A
F	A	L	L	X	M	K	A	R	T
Q	R	E	Z	T	U	R	K	E	Y
H	F	A	H	W	K	A	E	L	A
J	W	F	N	E	L	I	Z	L	H
Y	G	A	C	O	R	N	O	A	D

FALL
LEAF
RAKE
RAIN
UMBRELLA



PUMPKIN
TURKEY
CORN
SCARF
COLORS

Find the Raptor!



There are 4
Raptors hidden in
the pages of this
newsletter.

Can you find all 4?



Makes 16 whoopie pies

Gluten-Free Pumpkin Whoopie Pies

By Nicole Delong

These **gluten-free pumpkin whoopie pies** are made with a thick cream cheese frosting sandwiched between two moist, spiced pumpkin cookies. It's a fall dessert dream!

Prep Time: 20 minutes **Cook Time:** 20minutes **Cooling Time:** 20 minutes **Total Time:** 1hour

Dry Ingredients:		Instructions	
1 1/2 cup gluten-free 1:1 baking flour 225 grams 1 teaspoons baking powder ¾ teaspoons baking soda ¾ teaspoon salt 2 teaspoons pumpkin pie spice ½ teaspoon ground cinnamon		1.	Preheat the oven to 375F and line a baking sheet with parchment paper. Set aside.
		2.	In a medium bowl, whisk together the dry ingredients. Set aside.
		3.	In a large bowl, whisk together the oil, brown sugar and granulated sugar. Add the pumpkin, eggs, and vanilla and mix very well to combine.
		4.	Add the dry ingredients to the wet ingredients and stir until the dough is thoroughly combined and smooth.
		5.	Drop batter by rounded tablespoon-sized scoops onto a parchment paper lined baking sheet, spacing scoops at least 2" apart. Bake for 10-12 minutes.
		6.	Let the cookies cool on the baking sheet completely before filling.
Other:		Make the Frosting:	
⅓ cup vegetable oil 150 grams ¾ cup light brown sugar 150 grams, firmly packed ¼ cup granulated sugar 50 grams 1 cup pumpkin puree 225 grams (100% pumpkin) 2 eggs 1 ½ teaspoon vanilla extract		1.	Using a hand or stand mixer, beat together the butter and cream cheese until combined. Add the powdered sugar and vanilla.
		2.	Beat on low then switch to high for about three minutes or until light and creamy. Scrape down the sides and bottom of the bowl then mix for another 30 seconds or so.
		3.	Pipe or spread the filling onto the bottom of one cooled pumpkin cookie, then top with another cookie. Enjoy!
		4.	Store leftovers in the refrigerator in an airtight container for up to 5 days.
For the Filling:			
½ cup butter room temperature 8 oz cream cheese room temperature 3 cups powdered sugar 340 grams 1 teaspoon vanilla			

MAKE IT DAIRY-FREE: You can use dairy-free cream cheese and vegan butter in the filling to make these dairy-free.
MAKE IT SUGAR-FREE: Substitute granulated sugar with your favorite sugar alternative.

Caramel Apple Nachos

Prep Time: 10 minutes **Cook Time:** 1 minute **Total Time:** 11 minutes



Ingredients

4 large apples cut into wedges
1/2 cup creamy peanut butter
1/4 & 2 Tablespoons cup caramel sauce
1/4 cup Nature Valley™ Protein Granola
2 Tablespoons mini chocolate chips
Optional: seasonal sprinkles for holidays!

Easy recipe
for kids!

Instructions

In a medium, microwave safe bowl, combine peanut butter and 1/4 cup of caramel sauce.

Microwave for 30 seconds, in 10 second interval, stirring in between.

Once done, place peanut butter mixture into a piping bag, or ziplock bag with a corner cut off. Set aside.

Place sliced apples on a plate. If you are not serving immediately, soak apple sliced in lemon water for a couple minutes to prevent browning.

Drizzle peanut butter and remaining 2 Tablespoons of caramel sauce over apples. Then top with mini chocolate chips and Nature Valley™ Protein Granola.

If you are making these for a holiday, add festive sprinkles now too 😊

Sustainable Gardening

by Sheri Peters

Gardening can be a fun, relaxing, healthy hobby which will also provide you nutritious food to eat.

Gardens can be created anywhere, such as a yard, roof top, vertically on a wall, indoors, raised beds as long as there is about 8 hours of sunlight per day.

Food can be grown inside a greenhouse throughout the year or seeds can be started inside early in spring. Keeping the seeds from previous years can make gardening sustainable and provide food for the future!

No till No fertilizer!

Prevent runoff of fertilizers into the waterways and protect the watershed!

This method can help prevent soil erosion in your garden which could eventually lead your garden to be non-arable. This method could also eliminate the need for fertilizer and when used in combination with a compost bin and rain barrel is a great sustainable option for the future!

For more information on gardening visit Penn State's Cooperative Extension website:

<https://extension.psu.edu/programs/master-gardener>

Types of plants for your garden!

Fruits

Blueberries
Raspberries
Strawberries
Blackberries
Tomatoes-yes they
are fruit
Peppers-Fruit as well

Lemons, Limes- dwarf
varieties can be inside
near a window that
receives enough
sunlight.

Vegetables

Lettuce
Carrots
Broccoli
Kale
Squash
Beans
Potatoes
Peas
Radishes

Herbs

Cilantro
Basil
Sage
Lemon Verbena
Mint
Thyme
Horseradish
Parsley



Compost Bin and Rain Barrel

Create a compost bin and use the compost on your garden to provide nutrients.

Items to include in your compost bin:

- Fallen leaves and plant cutting
- Grass clippings
- Fruit and vegetable peels
- Teabags
- Coffee grounds
- Egg shells
- Straw

For more information:

<https://extension.psu.edu/home-composting-a-guide-for-home-gardeners>

<https://www.thespruce.com/compost-bin-plans-4769337>

Collect rain water and save money. Use the rain water to water garden plants.

For more information:

<https://extension.psu.edu/rain-barrels-information-and-guide>



Educational Gardening Resources for Children

Children's Garden | Virtual Field Trip | KidVision Pre-K

- https://www.youtube.com/watch?v=H_28keHD7-k

Flower Garden Digital Game | Curious George

<https://wvia.pbslearningmedia.org/resource/bbb4d4fc-dd75-43e9-bbde-c6d25d2e531a/flower-garden-online-game/>

PBS Kids Backyard

<https://wigardenexpo.com/virtual-kids/>

Online Garden WordSearch

<https://thewordsearch.com/puzzle/4093809/garden-word-search/>

Physical Fitness Ideas for Teachers and Students:

By Brent Blickensderfer

Here are some fitness ideas for teachers:

- **Classroom warm-ups and breaks:** Establish a routine of short physical activities, like walking around the room, stretching, or jumping jacks, to start the class or energize students.
- **Desk exercises:** While seated, you can do leg exercises, hand exercises, or stretching.
- **Stand-up desks:** Schools with stand-up desks have teachers who are more active and fit.
- **Expand recess time:** Studies suggest that recess can contribute to up to 70% of a child's physical activity on a weekday.
- **Parachute games:** These games can help early learners develop teamwork, collaboration, strength, coordination, agility, and endurance.

More Fitness Ideas...

- **Spelling word hopscotch:** You can draw hopscotch grids on the playground with chalk and write spelling words in the grids instead of numbers. You can also use window markers on the tile floor to keep students inside.
- **Yoga:** Yoga can help teachers improve their strength, balance, flexibility, equanimity, calmness, and relaxation.
- **Exercise with a buddy or group:** Exercising with a buddy can be good for mental and physical health, and socialization.
- **Fitness Bingo:** Give students a Fitness Bingo board with various fitness activities. The teacher calls out a fitness card, and the students do the activity and mark it off on their board.
- **Incorporate exercise into classroom learning:** Physical activity can benefit both teachers and students.

Benefits of Brain Breaks

- **Brain breaks** are good for everyone, including teachers. Incorporating movement breaks between lessons allows everyone to refocus and get energized before doing some more learning. Join your class in doing some stretching or jumping jacks.



Get Active While Hiking Through Stunning Fall Foliage in Lehigh Valley

by Jayme Ingram

Hit the trails.

Stroll along the [Delaware & Lehigh National Heritage Corridor](#). Whether you prefer to walk, bike, or run - this trail will give you views for days. While the full trail spans 165 miles, a large portion passes through Lehigh Valley. Depending on which section you traverse, you'll get glimpses of the canal, a lock tender's house, historic sites, and more. Or check out one of the trails that comprise [THE LINK Trail Network](#), which is an interconnected network of beautiful multi-use trails (the D&L being one of them).

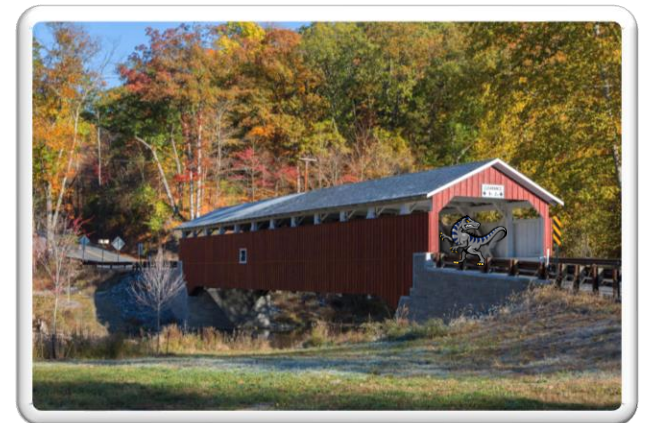
Climb to new heights.

At [Hawk Mountain Sanctuary](#), you can take in sweeping vistas from the mountaintop lookouts. During the autumn migrations, guests might even spot hawks and other raptors flying over the region. Pack along a pair of binoculars for some of the region's best birding.



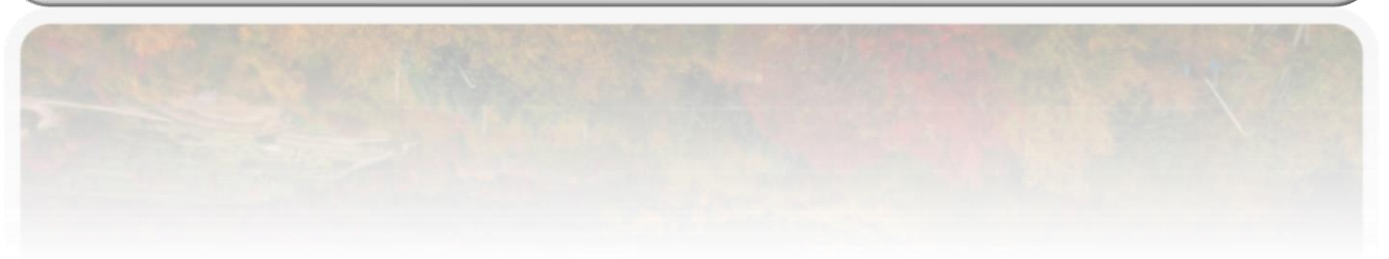
Explore the seven covered bridges of the region.

Covering just over 50 miles, the [Lehigh Valley Covered Bridge Tour](#) will take you on a countryside journey. Five of the bridges allow cars to drive through, though the other two are just steps away from ample parking space. Pack along a picnic lunch and make a day of it!



Sit back and relax as you travel up Pennsylvania's highest vertical.

Blue Mountain Resort offers scenic chairlift rides throughout the fall season, giving you peeks of color along stunning panoramas. If you're looking for a little more adventure, take to the treetops at their Summit Aerial Park, a challenging high ropes course feature three levels of difficulty.





Children's Activities

Valley Fruits & Veggies believes that discovery through play is one of the most important activities that our children can participate in. From digging in our bins of corn to playing pumpkin tic-tac-toe, we keep your kiddos busy and engaged!



Welcome to Lehigh Valley Fall FEST 2024!

...where the beauty of autumn comes alive! Join us for a seasonal celebration filled with vibrant foliage, crisp air, and an array of exciting activities. From pumpkin patches to hayrides, corn maze, Glow Maze, and wonderful events to mouthwatering treats, immerse yourself in the essence of fall and create cherished memories with families and friends.

Foundations for Positive Mental Health – Part I: Having a Growth Mindset

by B. Raught

More and more research is being focused on the mind and brain's role in mental health. One might conclude that learning is possible as a direct result of a growth mindset. The opposite of a growth mindset is often referred to as a fixed mindset.

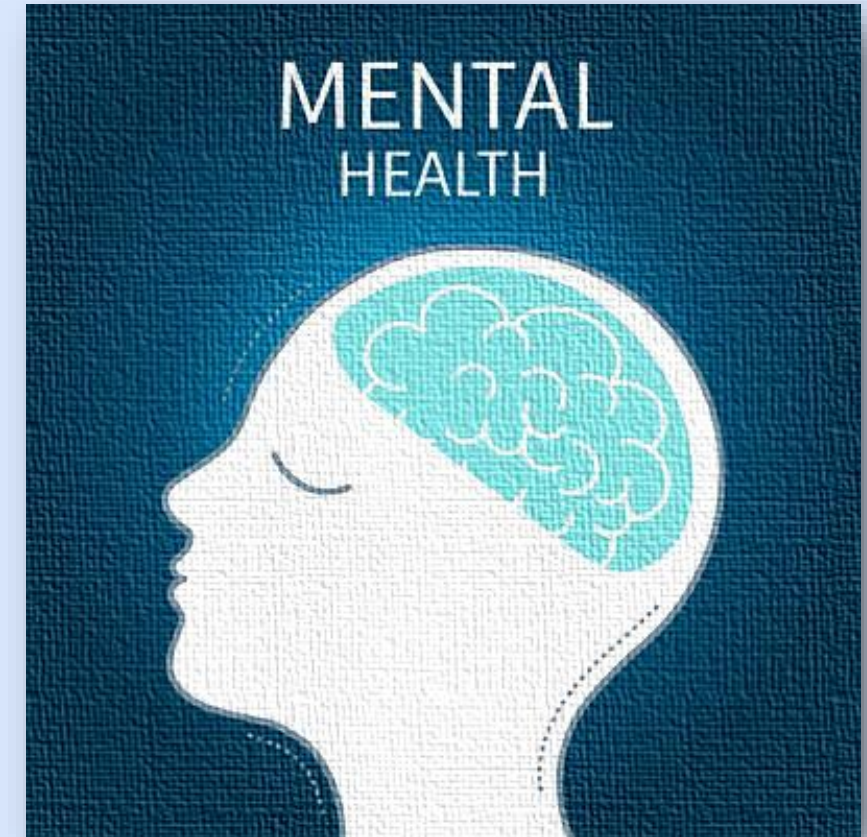
Those with a fixed mind set tend to view failure and struggle as negative. Statements that might indicate a fixed mind set include things like “I can’t do that”; “I’m never going to understand this”; and “This is stupid!” Allowing oneself to become tense or frustrated when learning decreases one’s ability to learn and can indicate negative mental health.

A growth mindset understands that mistakes and failures actually provide learning opportunities. This change in thinking makes learning potential increase exponentially. One bulletin board I purchased set up the concept in the following way:

Change your words – Change your mindset!

- | | |
|-------------------------------------|---|
| - I can't do this. | - I can't do it, yet. |
| - I'm not good at this. | - I can train my brain. |
| - This is too hard. | - This will take effort. |
| - I made a mistake. | - Mistakes help me learn things. |
| - I'll never be as smart as others. | - Is this my best work? |

Personally adopting and practicing a growth mindset increases positive mental health. It is also important to adopt a growth mindset in relationships and friendships. This is especially important as a parent, grandparent, guardian or as one who is a role model. Helping our families have a growth mindset is an important step in helping to ensure positive mental health.



Kids - Check out this book:

A Thousand No's!

A THOUSAND No's ✖ This Growth Mindset read aloud for Kids takes all those NO's and shows us how persistence, resilience and hard work can turn the NO into a YES. It's gonna be tough, we might need help, but WE CAN DO THIS!

KidTime StoryTime is taking you on the path to success! Published by Sourcebooks Explore, written by our pal DJ Corchin, & illustrated by Dan Dougherty! They create amazing books that get kids and grownups talking about life and the importance of communication, asking for help, getting creative, believing in yourself, continuing to grow, and never ever giving up on making your bright ideas a reality.

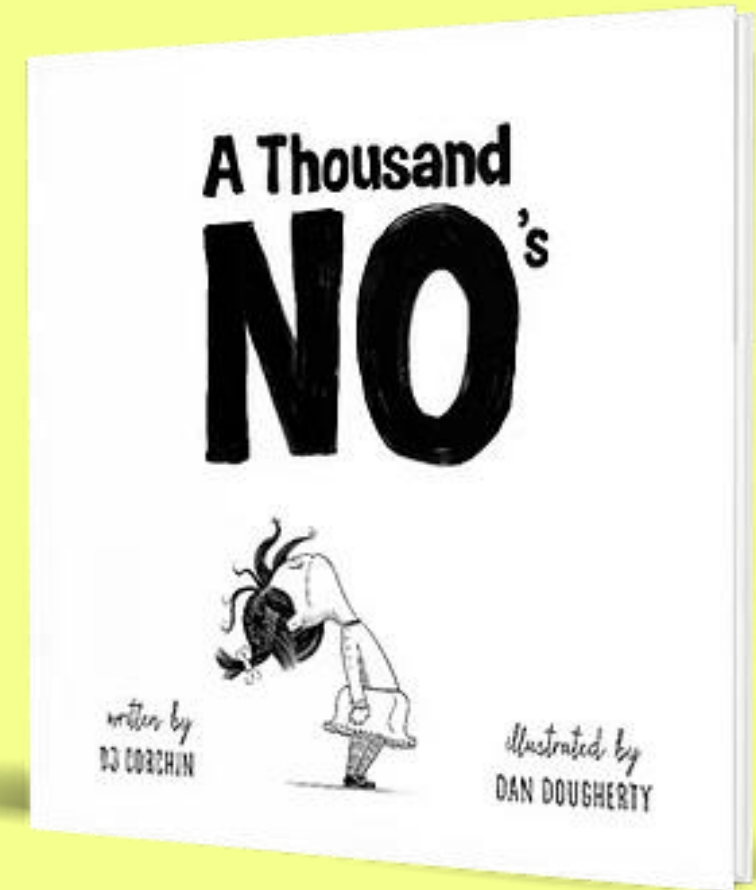
GIFTS & FREEBIES: <http://KidTimeStoryTime.com/>

BUY THE BOOK HERE: <https://kidtimestorytime.com/go/a-tho...>

VISIT OUR STORE: <https://kidtimestorytime.com/store/>

SUBSCRIBE & BECOME A KidTime StoryTimer!

<http://ow.ly/59um50zq812>





We hope you enjoyed the newsletter!



The Wellness Committee