



HAWKS HEALTH

Health and Wellness News from the West Tisbury School

May 2020

IMPORTANT NEWS FROM KRISTINE

- **May is Mental Health Awareness Month.** This is a great opportunity to focus on your own well-being, as well as that of your family. Take stock of what is working, and make changes to the things that aren't.
- Do you have a **regular routine** established? Try to keep your family on a fairly regular schedule. School work should be done at the same time each day, and in a designated work space.
- Encourage your children to eat **meals** throughout the day, not just snacks.
- **Bedtime** routines should look similar to what had been established before we moved to remote learning.
- Kids should also be maintaining their regular **hygiene** practices. Showering in the morning will help them to feel ready to take on their school work. Showering or taking a bath before bed will help children (and adults!) to relax.
- Help your child to **connect** with those that they care about on a daily basis. Use FaceTime, Zoom, or Skype to video call. Or have your child write a letter to a friend or family member they haven't seen in a while.

STAYING ACTIVE

- Make sure your child is getting fresh air and exercise each day. It is ok for students to be out in their yards and neighborhoods, riding bikes and going for walks.
- Social distancing of a minimum of 6 feet must be maintained. If social distancing is not possible, you and your child must wear masks.
- Here's a website from Joe with some more information to help your family during this time.
<https://fitnessgram.net/too-much-screen-time-not-enough-exercise/>

HEALTHY SNACK IDEAS

from Laura

Kid- Approved Hummus

- 1 28 oz. can chickpeas drained and rinsed
- 2 large cloves of garlic peeled and crushed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons ground cumin
- 1/4 cup lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 cup water
- Pinch of chili pepper (optional)
- 1 teaspoon paprika



1. Put all the ingredients in a blender (except the water and paprika.)
2. Puree everything until it is smooth and creamy. If it's too thick, turn off the blender, and drizzle in a little water (up to 1/2 cup) and puree again until it's the right texture for dipping.
3. Turn off the blender and wait until it has completely stopped. Use a spatula to scrape all the hummus into a shallow bowl.
4. Drizzle a little bit of olive oil over the top, and sprinkle it with paprika.
5. Serve with whole grain pita bread, carrot, cucumbers or peppers!

Chickpeas are a great source of fiber and B vitamins!

MENTAL HEALTH

Be Kind to Your Mind

Tips to cope with stress during COVID-19

1. PAUSE. Breathe. Notice how you feel.
2. TAKE BREAKS from COVID-19 news and social media content.
3. MAKE TIME to sleep and exercise.
4. REACH OUT and stay connected.

5. SEEK HELP if overwhelmed or unsafe.

RESOURCES

Martha's Vineyard Community Services,
Emergency Services (508) 693-0032

Good Samaritan's Suicide Hotline 1-877-
870-4673 (HOPE)

The Trevor Helpline 866-488-7386
Helpline for LGBTQ

