

Our Path to First Choice No. 17
2019/20

Everyone,

Here's Our Path note. Thank you for all you do for our students!

Our Path Note Topic

For a change of pace, here are some things Mental Health Today recommends. Have a great winter break, and a happy holiday season.

Dr. Calvin Frederick, formerly of the National Institute of Mental Health, estimates that there is a 15% increase (this number may have increased) in the number of people seeking professional help during the holiday season. He suggests several things you can do to help raise your spirits.

- First, stop putting unreasonable pressure on yourself to be happy during the holidays. When you have legitimate reasons for being happy, acknowledge them and be gentle with yourself.
- You may find your mood improves when you're in the company of special friends and favorite relatives - especially those who accept your full range of feelings and don't put pressure on you to be other than who you are. So seek out people who make you feel better, and avoid people who contribute to your depression.
- Make an effort to be more physically active. Physical activity is one of the best ways to make yourself feel better. Recent research indicates that exercise stimulates the production of endorphins, mood-elevating chemicals produced by the body. Take a walk, go to the gym, get out in the country, or take on a project that calls for physical activity.
- Many people regain control of their equilibrium when they set one or two specific, manageable goals every day - even if they are as simple as cleaning out a closet or drawer or writing a letter. The satisfaction they get from completing these tasks adds to their sense of well-being and self-respect.
- Watch your intake of alcohol. While a few drinks may make you feel temporarily euphoric, alcohol is a depressant and often ends up making you feel worse than before.

Board Information and Policy Updates

- Next School Board Meetings.
 - January 7 Budget Committee Meeting at 1pm.
 - January 14 Board Meeting at 7pm
 - January 15 Policy Committee Meeting at 1pm

You may check out District policies by going to this site:

<https://www.boarddocs.com/pa/wayn/Board.nsf/Public>

Reminder about Winter/Holiday Break

The Winter/Holiday Break will be from December 23rd through January 1st. School will be back in session January 2nd.

The New WellSpan Clinic

Located at the high school in the new Early Learning Center, the WellSpan Walk-In Clinic.

Hours starting October 28th:

- **Monday and Friday- 7am to 11am.**
- **Thursday- 3pm to 6pm**

A Challenge for You

What do you know about Rudolph the Red-nosed Reindeer?

Piece of the Puzzle

This week the Piece of the Puzzle is

Challenge Answer (Important to Know)

The most famous reindeer of all, Rudolph, came more than a century after his eight counterparts. In 1939, Robert L. May, a copywriter at the Montgomery Ward Department Store, wrote a story-poem to drive traffic to his store during the holidays. May used a similar rhyme pattern to “‘Twas the Night Before Christmas” to tell the story of Rudolph, a young reindeer who is teased because of his bright, red nose, but on a foggy night, guides Santa as he delivers his gifts. The story sold over 2 million copies and, in 1949, was made into the [popular song](#) sung around Christmas to this day (JollyMeal.com).

Final Thoughts

- *I'm like Rudolph the Red-Nosed Reindeer. If I'm not ready, the sled isn't going to go.*—Kevin Garnett, NBA.
- *He always knew he was a little different, but he let his light shine regardless of what others said.*
- *Rudolph, the red-nosed reindeer, had a very shiny nose. And if you ever saw him, you would even say it glows.*—Johnny Marks.
- *Hey, what do you say we both be independent together?*—Hermey, Rudolph the Red-Nosed Reindeer.
- *I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store, and he asked for my autograph.*—Shirley Temple.

Enjoy the rest of your week!

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