

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER APRIL 2025



In This Month's Issue:

- Step Into Spring
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- Granola
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- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: 30 seconds to mindfulness | Phil Boissiere | TEDxNaperville
- Wellness Challenge - 25 Wellness Points: Step Into Spring - Track how many minutes you intentionally walk each day! - Page 2
- Crossword Puzzle - 25 Wellness Points: Page 8 or online! Complete the puzzle, click print then save as PDF or screenshot to submit online.
- Wellness Book Bingo - 100 Wellness Points: Throughout the 2024/2025 school year, read books on the board to complete a bingo! - Page 7
- Open Way Yoga Online Class Library
- SCS Wellness Facebook Group: Click to join!

Submit your April wellness activities by Tuesday, May 6th to be entered to win the monthly prizes! You can earn up to 3 entries each month by completing the Take Ten Session, Wellness Challenge and Crossword Puzzle.

All wellness activities can be found on the SCS Wellness website

STEP INTO SPRING

WALKING CHALLENGE

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

TRACK HOW MANY MINUTES YOU
INTENTIONALLY WALK EACH DAY.
AIM FOR 30 MINUTES!

Strengthen Your Intellectual Wellbeing

01.

Embrace Continuous Learning

Explore new hobbies, read or learn a new skill



02.

Challenge Yourself

Solve puzzles, play strategy games or tackle complex problems



03.

Nurture Creativity

Write, paint or play an instrument to stimulate innovation

04.

Reflect & Journal

Practice introspections to enhance clarity and critical thinking



05.

Engage in Meaningful Conversations

Debate, discuss and explore different perspectives



06.

Stay Informed

Keep up with current events to broaden your knowledge

Probiotics vs Prebiotics

Your gut is home to trillions of bacteria that impact digestion, immunity, and overall health. Supporting this ecosystem is key—and that's where prebiotics and probiotics come in!

WHAT'S THE DIFFERENCE?



PROBIOTICS – LIVE “GOOD” BACTERIA THAT SUPPORT DIGESTION AND RESTORE GUT BALANCE. FOUND IN YOGURT, KEFIR, SAUERKRAUT, AND SUPPLEMENTS.



PREBIOTICS – NON-DIGESTIBLE FIBERS THAT FEED PROBIOTICS AND HELP THEM THRIVE. FOUND IN BANANAS, GARLIC, ONIONS, ASPARAGUS, AND WHOLE GRAINS.



WHY THEY WORK BEST TOGETHER
WHEN COMBINED, PREBIOTICS AND PROBIOTICS CREATE A POWERFUL GUT-HEALTH DUO (KNOWN AS SYNBIOTICS) THAT ENHANCES DIGESTION AND OVERALL WELLBEING.

⚡ **TIP: BALANCE IS KEY!** TOO MUCH OF EITHER CAN CAUSE DISCOMFORT, SO FIND WHAT WORKS FOR YOUR BODY. ALWAYS CHECK WITH A HEALTHCARE PROVIDER BEFORE STARTING SUPPLEMENTS.

GIVE YOUR GUT THE CARE IT DESERVES—FUEL IT WITH THE RIGHT FOODS AND FEEL THE DIFFERENCE!

Eco-Friendly Swaps

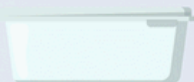
Sustainable living involves making choices today that will positively impact the planet tomorrow. Eco-friendly choices can help reduce environmental pollution, decrease energy consumption, and conserve natural resources. Showing appreciation for the environment can even promote feelings of gratitude and happiness, as well as improve personal well-being! Check out how making small swaps in the kitchen alone can have a big impact on the environment

SWAP THIS

Paper Towels



Plastic Containers



Conventional Wipes



Disposable Straws



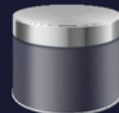
Parchment Paper



FOR THAT



Reusable Dish Cloths



Glassware



Biodegradable Wipes



Metal Straws



Silicone Baking Mat

GRANOLA

- ½ CUP MAPLE SYRUP
- ½ CUP AVOCADO OIL
- 6 CUPS ROLLED OATS
- ½ TBSP CINNAMON
- ¼ CUP COCONUT SUGAR
- 1 TSP SALT
- ½ CUP PUMPKIN SEEDS (OPTIONAL)


Mix oil and maple syrup in a bowl until it's thick. Add remaining ingredients, mix well and pour onto a large baking sheet lined with parchment paper. Spread mixture evenly and bake at 250 degrees for 90 minutes, stirring it every 30 minutes. Store in an airtight container.

ENJOY WITH:
SMOOTHIE BOWLS
YOGURT PARFAITS
TRAIL MIX
FRUIT
MILK
OR ON ITS OWN



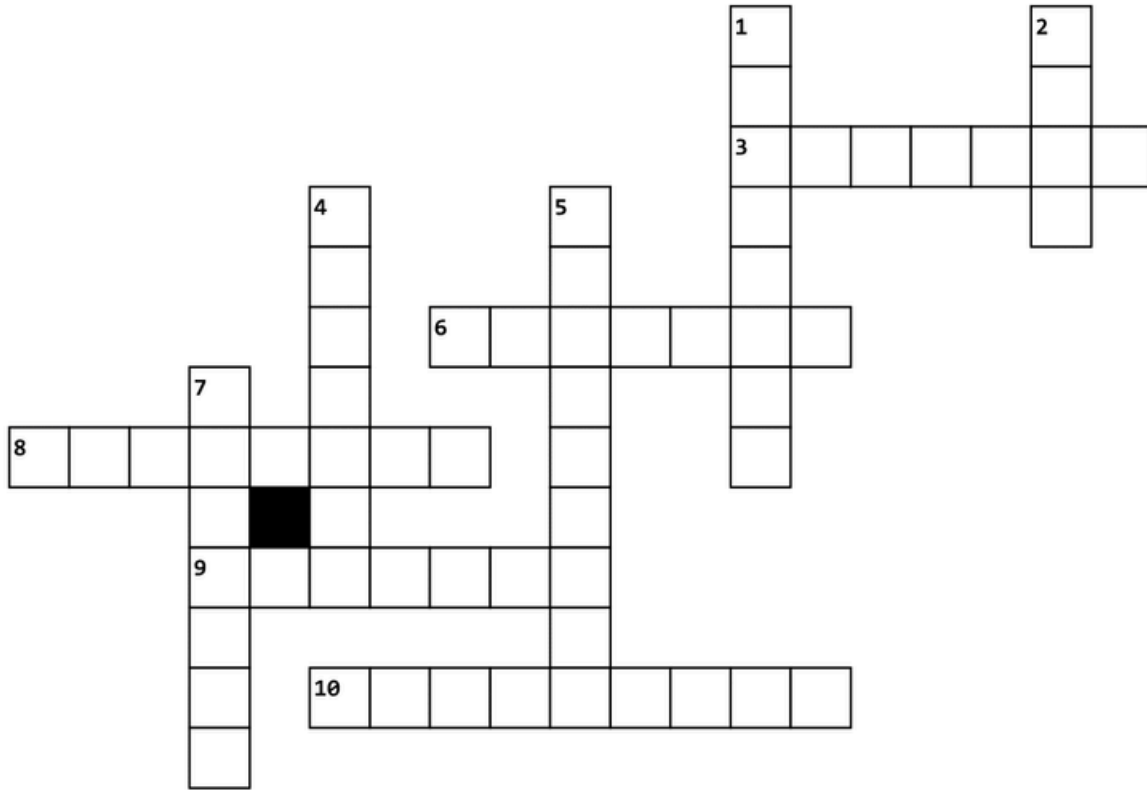
SOCS WELLNESS

book bingo



April Wellness Puzzle



Across

3. Solve a puzzle, play a strategy game or tackle a _____ problem to challenge yourself.

6. Debate, discuss and _____ different perspectives while engaging in meaningful conversations with others to strengthen your intellectual wellbeing.

8. Sustainable living involves making choices today that will positively impact the planet _____.

9. Probiotics are live "good" bacteria that support digestion and restore gut _____. They are found in yogurt, kefir, sauerkraut, and supplements.

10. When combined, prebiotics and probiotics create a powerful gut-health duo (known as synbiotics) that enhances _____ and overall wellbeing.

Down

1. Your gut is home to trillions of _____ that impact digestion, immunity, and overall health.

2. Prebiotics are non-digestible fibers that _____ probiotics and help them thrive. They are found in bananas, garlic, onions, asparagus, and whole grains.

4. Eco-friendly choices can help reduce environmental pollution, decrease energy consumption and conserve _____ resources.

5. Showing appreciation for the environment can even promote feelings of gratitude and _____, as well as improve personal wellbeing.

7. Embrace continuous learning by exploring new _____, reading or learning a new skill.

Name _____