



## MORNING ANNOUNCEMENTS

**“This week’s Growing Healthy  
Schools Month focus is  
”**

### Oct. 3-7 MENTAL HEALTH AND WELLBEING:

- Did you know that mindfulness meditation practices can reduce anxiety, improve attention, regulate emotions, and even improve sports performance? See if you can start incorporating one mindfulness practice into your daily life today. Journaling is just one of many great examples of a mindfulness activity!
- Here’s a quick relaxation exercise to try: Place one hand on your belly and one hand on your chest. Take a deep breath in for four counts. Then exhale slowly through your nose for four counts. Pay attention to the rise and fall of your chest and belly as you complete the exercise. Repeat as many times as needed.
- This week is also Mental Illness Awareness Week. Mental health disorders affect 1 in 6 students between the ages of 6-17 in the U.S. each year. If you or someone you know might be struggling with feeling down, we have a lot of resources at our school to help. Come talk us, our ears and doors are open.
- Did you know that staying active, eating well, and keeping a proper sleep schedule can help you maintain good mental health? What else do you do to maintain your mental health?

### Oct. 10-14 NUTRITION:

- Did you know that the District is home to 50 farmers markets? Have you, your parents, or your siblings ever visited a local farm or farmers market? What did you like most or least about that visit?
- Did you know that the cherry is the official fruit of the District of Columbia?
- October is also National Farm to School Month! Did you know that you eat produce from local farms every time you eat lunch at school? What are some of your favorite fruits and vegetables you’ve eaten as part of breakfast or lunch so far this year?
- Did you know that eating a healthy school lunch can improve your academic performance? What’s one fruit or vegetable you love that also gets your brain working?

### Oct. 17-21 OUTDOOR LEARNING AND ENVIRONMENTAL LITERACY:

- Who knows what DC’s state tree is? Well, actually there are five! The scarlet oak, is one of the five trees in our city with the “showiest” fall color? The other trees are ginkgo, red maple, sweetgum, and black gum. Do you think you can find one of these trees in your neighborhood?
- Here’s a fun fact. The Chesapeake Bay supports more than 3,600 species of plants and animals, including 348 species of finfish, 173 species of shellfish, over 2,700 plant species and more than 16 species of underwater grasses.
- Did you know that Washington DC has the most park space among populous cities in the U.S., with 7,800 acres of parkland? Do you have a favorite park in DC? If so, what makes it so much fun for you?

### Oct. 24-28 PHYSICAL EDUCATION:

- Did you know that you should get at least 60 minutes of moderate-to-vigorous physical activity each day? What’s your favorite activity to do to get your heart rate up?
- Fun fact: The average human heart beats 100,000 times per day!
- Did you know that exercise increases blood flow to your brain and releases serotonin? Serotonin improves your mood and helps you think more clearly.
- Fun fact: The human body’s largest organ is the skin
- Fun fact: Physical activity not only improves physical health, but also improves mental health by increasing levels of self-esteem and decreasing feelings of anxiety.