

HCS Staff Wellness Newsletter



Improve your financial wellness by following these tips for successful budgeting:

Housing:

- Save newspapers, tin cans, and plastic for recycling.
- Use lights only when necessary.
- Conserve water.

Food:

- Avoid buying snacks or 'empty calorie' foods.
- Limit food shopping to once a week; the less trips to the grocery store, the better.
- Make a grocery list and USE IT!

Clothing:

- Buy clothing that does not require dry cleaning.
- Organize laundry so that a minimum number of loads are run.
- Have children change to old clothes for rough play.

Health and Medical

- Have regular check-ups
- Learn about symptoms of common diseases in order to determine if seeing a doctor is advisable.

Education

- Use your public library
- Borrow books from friends if possible.

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FLU SEASON is arriving with a vengeance this school year! According to the CDC, good health habits can help stop the spread of germs and prevent respiratory illnesses like the flu.

Tips Include:

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Wash your hands for 20 seconds in duration; always wash before you eat or after you touch high traffic areas such as door knobs or restroom stall doors.
- Avoid touching your eyes, nose, or mouth.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and consume plenty of fruits and vegetables.