

Healthy Practices

Staying healthy is more important than ever.



Here are the top 6 foods you can eat to boost your immune system.

- ★ Brightly colored vegetables – green, yellow, orange.
- ★ Nuts – a great source of the immune-boosting mineral zinc.
- ★ Berries – the darker the color the better.
- ★ Chocolate – yes! Cocoa is the important part. Go easy on the sugar and you will be fine.
- ★ Fish and lean meats – Protein and Omega 3s.
- ★ Garlic – It fights infection and bacteria and can be added to anything

For more information, see the Wise Well Being Links

Resources



Melba School District offers several important health benefits for all employees. One of these advantages is EmployeeConnect.

This program offers confidential help for challenges with family, addiction, finances, stress, legal questions – the items that make our lives difficult. It is unlimited, 24/7 assistance on your terms. They offer online resources in the form of videos, tutorials and informative articles. Or tools like a loan calculator, budgeting spreadsheet or even a language translator. You can access in-person guidance from a lawyer, a counselor or even a financial expert.

Take a minute and familiarize yourself with this resource.

www.GuidanceResources.com

Username = LFGsupport or call
Password = LFGsupport1 888-628-4824

Melba School District BE THE CHANGE

What's Going On In Melba?

We've made it to September!
The stars must be aligned in our favor.
As we make this year the best ever
our focus will be:

MELBA KIDS

-----Collaboration-----

DETERMINATION

-----*Innovation*-----

PARTNERSHIPS

-----Helping Others -----

PERSEVERENCE

Remember, Dr. Adams would love to hear whenever you see a star shining extra brightly!!

Melba Spirit

What makes Melba different?

Our school IS special! The people who staff our classrooms and buildings are the reason everyone wants to be part of the Melba family.

One quality that has been obvious in this unusual year is the power of modeling. Staff members are wearing their masks, washing their hands, keeping their distance, and still connecting with students. Your efforts at making these strange behaviors normal is powerful.

We are conscious of how peers can influence our students, but we should be equally aware of how much weight **our** actions and comments carry. Every Mom and Dad has been corrected when their child says "No! My teacher said....."

Use your influence to make this a better place.

WELLNESS 2020-2021