

# Straight from the Source

\*In this interactive series, we will highlight information, resources and opportunities within the Rock Ridge community\*

## THIS WEEK'S SPOTLIGHT: **Healthy Activities**

**DID YOU KNOW?** Healthy Activities are not just something to do in our free time but a core component of overall health and wellness.

### WHAT YOU NEED TO KNOW:

Healthy Activities are as much a component of student success as studying and completing homework. These are activities students engage in simply because of the enjoyment they bring and they allow students to relax and recharge so they are prepared to tackle the challenges of student life. These activities can range from more solitary, creative activities to those that involve others and are team-driven. The key to finding a healthy activity that is right for you is exploring those things that help you relax, feel good about yourself and feel more connected to your own personal strength.



### WHAT YOU CAN DO:

1. Allow and encourage your child to try new things to find activities they enjoy – it may be different than yours.
2. Offer ideas for healthy activities for your child to try and offer to try them together, even if it isn't your cup of tea.
3. Sign up for the Rock Ridge Haunted 5K as a family for the running/walking, music, food, trunk or treat or costume contest - [Haunted 5k registration](#)
4. See attached flyer for FORT opportunities to try something new

### WEEKLY WELLNESS TIP:

Create time in your family's schedule for Healthy Activities in the same way you schedule other important events. Make recharging your batteries a priority so you're energized to tackle your to-do-list.

### QUESTIONS OR FEEDBACK FOR OUR UNIFIED MENTAL HEALTH TEAM?

Let us know by emailing the Student Assistance Specialist, Fiona Brown, at [Fiona.brown@lcps.org](mailto:Fiona.brown@lcps.org)