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www.lakewashingtonea.org

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Enjoy Your Mid-Winter Break



Relax Enjoy Refresh Unplug

Small amounts of stress can be healthy. High levels of stress can have serious impacts on your mental and physical health. Take this Winter Break and find ways to manage/escape the stress.

Try Naam Yoga Hand Trick

Visit a free Museum/ Art Gallery

Do Some Baking

Turn Up the Music and Dance

Drink Green Tea

Snuggle Up With a Pet

Write a card for someone you care about and mail it!!

Have a picnic

Grant Yourself Grace

Have a sleepover - you are never too old

Buy a Plant

Turn OFF all electronic devices

Take deep breaths

Avoid Social Media

Laugh, at a movie, at a friend, at yourself

Cry, it brings relief

Watch a sunrise and a sunset

101 Ways to Chill Out and Reduce Stress

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Black History Month is a reminder to all Americans that their country would not be as wealthy and sustainable today if it were not for the innovation, hard work, intellect, and courage of Black Americans that came before us. There are so many to give credit to! Because of the innumerable amount of Black folk that dedicated their lives to change, Black History Month re-affirms the fact that there is no excuse to not impact the community, this nation, and ultimately the world. To all those Black Americans who have made and those who continue to make positive contributions and changes to our country, we THANK you!



A Friend In Need

Stacey Smith, 5th grade teacher at McAuliffe, is beginning a medical leave to fight ovarian cancer and is looking for shared leave donations to help make this journey just a little less difficult. Thank you for donating if you can to her, life doesn't always go as planned and any little bit can help.

Please consider a [Shared Leave Donation](#) by filling out the donation form and sending it to HRLeaves@lwsd.org . Thank you.