

Stall Street Journal



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Wellness is Key to a Successful School Year

To be well: Healthy, Fine, Fit, Thriving, Agreeable, Acceptable, Competent, Skillful, Capable, Efficient, Effective.

Most students would agree—they want to do well in school & better than in previous years.

But its not enough to *wish* for things to get better. You must take action.

Here are 10 tips to start the school year off right.

1. Get enough rest at night. Most students need between 8-9 hours of sleep each night.
2. Get organized. Write down all of your assignments and separate each subject in its own folder.
3. Don't procrastinate. Use the 5-minute rule: Commit to start working on a project or assignment for only 5 minutes before you take a break. Chances are, once you get started, you'll want to keep going.
4. Stay active. Do some physical activity each day to stay fit. Shoot hoops, go for a jog, or do some weight lifting.
5. Stay away from Alcohol, Tobacco, and other Drugs. The chemicals affect a developing brain, many for weeks, months and years to come.
6. Eat a healthy breakfast. It is the most important meal of the day. Fruit, milk, and non-sugared cereals are best.
7. Stay relaxed. All students get stressed out at times. Listen to some soft music or go for a walk.
8. Ask for help. Everyone needs a little help once in a while. Ask a trusted adult when you are in over your head.
9. Set goals for yourself—write down what you want to accomplish this week, month, and year. Then make the necessary steps to get there.
10. Commit to making healthy choices. Use your best judgment. Ask yourself—Is it legal? Is this really good for me? What would my parents say? How will this affect my future?

Check Out the New Website:

www.kcstaar.org

- Alcohol and Other Drug Information
- Local & National Resources
- Calendar of Events
- More Added Weekly

Remain Anonymous

Do you know of an underage drinking party, a person stealing something, or other risky behavior?

If you know or hear about any illegal activity, report it to the Keokuk County Sheriff's office.

You can call or text your information to:

641-224-2320

No questions asked.

The next Action Team meeting for KC STAAR is coming soon!!

September 15th

12:30 PM

Sigourney Public Library

Talk to your school KC STAAR Contact about joining.

A TIME 2 TELL

Its not tattling, narking, or snitching. There is a place and time for everything, including a time to tell when something harmful is going to or has happened.

Here are a few of the times when it is important to tell. When someone you know is:

- Hurting themselves (cutting, thinking about suicide)
- Hurting someone else (bullying, fights, rape)

- Engaging in illegal activity (stealing, using alcohol, tobacco or other drugs)
- Being hurt by someone (physical or mental abuse)

Talk to a trusted adult—a Teacher, Counselor, Principal, Parent, Pastor, Police.

If nothing gets done, talk to someone else. Don't give up! Telling someone just might save a life!