

Wellness at West

Wellness Resource Library

Take a look at the great cookbooks and fitness magazines available for checkout in our school office!

Reminder to Parents

Please remember that if your child is going to miss school, you should contact the office between 7:00 and 9:00 a.m. If no phone call is made, the school will attempt to contact you. If no call or letter is received, the absence will be counted as unexcused.

Be sure to check the website for a link about a New Family Fitness Program offered by the Champaign-Urbana Public Health District. The \$20 fee will be waived for families unable to pay but willing to attend all classes.

Wellness Team Members

Janet Nelson, Principal
Josh Didier, Assistant Principal

Susanne Gateley, Parent and School Nurse

Carol Meeker, Head Cook
Jessica Brown, Fifth Grade Teacher

Kristy Duncan, PE Teacher

Nikki Hillier, Program Coordinator
Division of Health Promotion for Champaign-Urbana Public Health District

Call 485-3918 or e-mail Janet Nelson at nelsonj@unity.k12.il.us, if you are interested in serving on the Wellness Team.

Unity West Elementary School

A Note from The Nurse

We all need to do our best to stay healthy and keep our children healthy. When children come to school sick, they aren't able to participate in the learning process and they expose others to their illness. Please use these guidelines to keep our schools a healthy environment for everyone:

1. **Fever:** No child should ever be sent to school with a fever. If they have had a fever, they are not to return to school until they've been fever-free for 24 hours.
2. **Diarrhea:** A child with diarrhea should always be kept at home. They should not return until the diarrhea has been resolved for 24 hours.
3. **Vomiting:** Keep your child at home until they can eat and keep food down.

4. **Rash or Skin Lesions:** If your child develops a body rash, you need to have the doctor diagnose the problem. Please ask your doctor for a note to give us upon your child's return to school.
5. **Strep Throat:** Your child needs to be on medication and fever-free for 24 hours before they can return to school.

Please consider it a courtesy to let the school know when your child has any type of illness. We notify parents in the class, when someone has a contagious disease.

For the complete "Health Guidelines & Exclusion Policy" or any questions, please don't hesitate to call me at 485-3918, or drop by my office.

Article by our school nurse, Mrs. Gateley. Any comments or questions may be sent to: gatelevs@unity.k12.il.us.

Mileage Club

Congratulations to the following students that have run 5 miles during lunch recess and earned their first foot token:

- 2A: Jillian Bliss, John Flavin,
Chelsie Helmick, Dalton Kelly, Destani Newberry, Brendan Wilson
- 3K: Brandon Downen, Natalie King, Erin Stevens
- 3N: Briley Smith
- 4B: Andrew Borbeley
Bethany Wood—25 miles!
- 4C: Hannah Glanzer
- 4W: Allison Bierman
Alexander Eisenmenger
Chance Kramer
- 5B: Caleb Griffet, Daniel King
- 5G: Dawson Dodds
- 5R: Noah Hopkins

A BIG THANKS to Aziza Awate, C-U Public Health District Volunteer, for tallying students' laps around our track on Mondays and Tuesdays!

New Year's Resolutions

It's that time of the year again, when we make resolutions to improve ourselves! For many, this is the year that you are determined to get healthy and fit. That means exercising, possibly for the first time. Here are a few tips that may help the longevity of your newly found work-out regime, and avoid burn-out and injury:

1. **Set Attainable Goals.** Don't let your eagerness for this new lifestyle push you to set limits

that are too high. A great idea is to rotate your cardio and resistance training workouts.

2. **Make Your Workouts Fun.** I know it seems strange that something with the word "work" can be fun, but it's more than possible, and there are many ways to do this. Find physical activity you enjoy and turn it into exercise.
3. **Don't Stress on The Scale.** Although using a scale is a

simple way to track changes; it's not necessarily the most reliable. Muscle tissue is more dense than fatty tissue. A more reliable way is to track changes in your body by circumference measurements. This means choosing fixed points on your body to measure and re-measure every four to six weeks.

Article by 5th Grade Teacher Ms. Brown. Any comments or questions may be sent to: brownje@unity.k12.il.us.