

Health and Wellness Newsletter September 2023



Welcome back and Happy New Year!

The new school year brings big changes for families every fall - new classes, new schedules, new teachers, new friends. It is all very exciting, but also can be anxiety provoking for some kids. Parents can help to ease the transition by establishing routines at home to make coming and going to school as easy as possible. It is also an opportunity for parents to model self kindness, when everyone is tired and things don't go as planned. Remember that your child is watching to see how you handle challenging situations too!



Studies show that parents' attitudes towards underage drinking and drug use have a strong influence on their children's decisions to drink or use drugs or not. One of the best protections from risky behavior for children as they grow up is to have a strong, open relationship with a caring adult. Start early to talk to your children about the risks of alcohol and drug use. They are listening though it may not always seem that way.

Click here to hear what kids have to say:

[We Really Do Hear You](#)

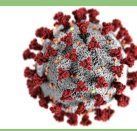
5 CONVERSATION GOALS

1. Show that you disapprove of underage drinking and drug misuse.
2. Show that you care about your teen's health, wellness and success.
3. Show you're a good source of information about alcohol and other drugs.
4. Show you're paying attention and you will discourage risky behaviors.
5. Build your teen's skills and strategies for avoiding drinking and drug use.

Click here for [Farmer's Market Enchilada Recipe](#)

Harvest Time

On Tuesday afternoons from 2 - 6 pm, you can find a friendly circle of local growers with loads of fresh, produce gathered on the Fairfield Hills campus. The Newtown Farmer's Market is a great place to start if you are looking for highly nutritious ingredients for your next culinary creation.



COVID 19 Update

COVID risk is currently low in Fairfield County. However, COVID 19 is still a threat for immunocompromised individuals or those with chronic illness. Please stay home if you have COVID 19 symptoms and follow the CDC guidelines.

The district recommends that you follow CDC guidelines for the management of COVID 19. Click here for more information: [CDC: Isolation & Precautions for People with COVID 19](#)

Links to Family Activities in Newtown

- **Walking/Hiking:**
[Fairfield Hills Loop](#)
[Holcombe Hill Trail](#)
[Newtown Forest Association](#)
[Paugussett State Forest Best Trails](#)
- **Biking:**
[Newtown Bicycle Playground](#)
[Housatonic Rail Trail in Monroe](#)
- **Paddling / Fishing/ Picnic:**
[Lake Lillinonah Town Boat Launch \(need park permit from Parks & Rec\)](#)
[Eichler's Cove Marina \(need park permit from Parks & Rec\)](#)
[Lake Lillinonah State Boat Launch](#)
- **Other:**
[Edmond Town Hall Movies](#)
[EverWonder Children's Museum](#)
[Dickinson Park](#)
[Treadwell Park](#)

HAPPY NEW YEAR!