

Staff Health and Wellness Newsletter

September 2023



Welcome back!

Fall is a time of new beginnings in the education world. This time of year is full of plans to ensure that all of our students' needs are met in the months to come. Remember, while you are at it, to make a plan for your own wellness. Your health and wellbeing are an essential part of a successful school year both for you and for our students.



Flu Clinics

Flu clinics for staff and students are scheduled for:

- Tuesday, Nov 9, 2 pm - 4:30 pm
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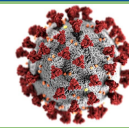
Reduced cost YOGA will again be offered for NPS Staff on

Tuesdays 4:30 - 5:30 pm at Newtown Community Center.

The first 8 week session starts on . Click [HERE](#) for more information: or call 203-270-4349 to register.



Make **WALKING** a part of your routine in the new school year! The simple activity of walking has powerful health benefits from lowering your blood pressure and helping to control your weight to improving your memory and protecting your mental health. The 2.9 mile long [Fairfield Hills Walking Loop](#) is a beautiful place to walk and is only a short drive away from *your* school.



COVID 19 Update

- The district continues to follow CDC guidelines for the management of COVID 19 in staff and students. Click here for more information: [CDC: Isolation & Precautions for People with COVID 19](#)
- 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. If you need a test kit, a limited number are still available through the School Health Offices.

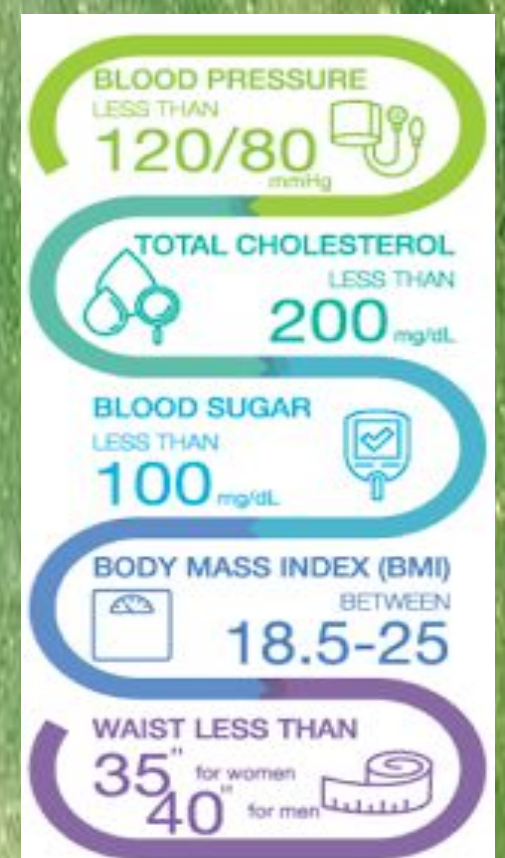
Harvest Time

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.



Know Your Numbers

is coming in ... The district will be collaborating with the Newtown Health Department to provide "Know Your Numbers" heart health screening to interested staff. Taking charge of your cardiac health begins with knowing these important indicators.



The Best Basic Pesto

By Jennifer Segal

Homemade pesto sauce is easy to make, and it's good on just about everything, from pastas to pizzas to salads.

INGREDIENTS

- ½ cup walnuts (or pine nuts but these are very pricey this year!)
- 2 large garlic cloves, roughly chopped
- 2 cups packed fresh basil leaves
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¾ cup extra virgin olive oil
- ½ cup grated Parmigiano-Reggiano



Place the walnuts and garlic in the bowl of a food processor fitted with a steel blade. Process until coarsely chopped, about 10 seconds. Add the basil leaves, salt, and pepper and process until mixture resembles a paste, about 1 minute. With the processor running, slowly pour the olive oil through the feed tube and process until the pesto is thoroughly blended. Add the Parmesan and process a minute more. Use pesto immediately or store in a tightly sealed jar or air-tight plastic container, covered with a thin layer of olive oil (this seals out the air and prevents the pesto from oxidizing, which would turn it an ugly brown color). It will keep in the refrigerator for about a week.

Freezer-Friendly Instructions: Pesto can be frozen in an airtight container for up to 6 months. You can also divide your prepared pesto into the compartments of an ice cube tray and freeze. Once it's frozen, remove the pesto cubes from the tray and put in a sealable plastic bag or airtight container. You can add the defrosted pesto cubes to soups, pasta dishes, eggs, sandwiches, and potatoes.

HAPPY NEW YEAR !

