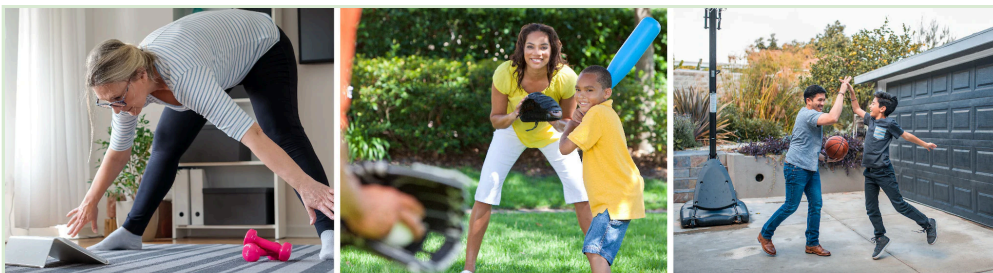




Week #4- 5/6

During this unprecedented disruptive time in our lives, it's extra important that we remember to take care of our "whole" selves and stay connected

Updates: Here's what's happening...



MOVE YOUR WAY. National Physical Fitness & Sports Month
#MoveInMay

ODPHP | Office of Disease Prevention and Health Promotion

May is National Physical Fitness and Sports Month.

There are countless ways to get moving, and many of them can be done while you are social distancing or at home.

...Look for more on the Move Your Way Campaign and other resources in the next newsletter.

HEALTH HOTLINE AND TELEHEALTH FOR HAWAII DOE STUDENTS
(844) 436-3888 TOLL FREE
Monday – Friday, 8 a.m. – 4 p.m.
NO COST
health advice & telehealth appointments
with Hawai'i Keiki nurses



As of May 1st, a HOTLINE is available at NO COST for all HDOE students and families to address student-related health questions and telehealth visits.

[Read more here](#)

*Record your school's
experience during these
historic times!*



A class, a club, or an entire school can create their own book:

The Stay-At-Home Chronicles evolved during the period of school closures stemming from the Covid-19 pandemic. The book's sections are aligned with the Power 9®, nine simple, life-changing principles from Blue Zones Project shared by the world's longest-living people.

Read [more information here](#), and contact Megan.Yarberry@sharecare.com for the book template and technical support.



Comprehensive Self-Care for Educators Webinar Series

- Navigating Uncertainty: Stress Management for Educators ([Recording](#))
- How Families Can Partner With Schools During Distance Learning ([Recording](#))
- How Schools Can Partner With Families During Distance Learning ([Recording](#))
- Comprehensive Self-Care for Educators ([Recording](#))
- Finding Balance in Disorienting Times ([Recording](#))
- Supporting Student Success Through School Health Policy ([Recording](#))

HAWAI'I ISLAND HEROES



The County of Hawai'i and the stations of New West Broadcasting (KWXX B97, B93 and KPUA), are recognizing outstanding individuals, businesses, community groups and non-profit entities that are going above and beyond the call of duty to help our families, friends and neighbors through these challenging times.

[Nominate your hero today!](#)

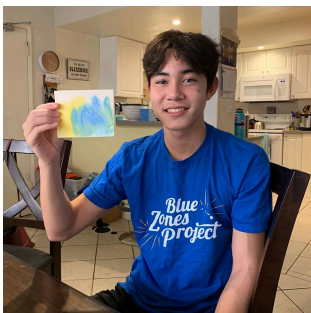


[School Garden Talk Story](#) is a Facebook group connecting garden teachers🎵, assessing needs for school gardens👉, providing resources for each other🔄 and taking bold next steps to highlight the integral role of school gardens☺️ **Sign up** for one of their upcoming webinars [here](#)

- **Fri., May 8th-**
 - Best Practices for Harvesting and Food Sharing.
- **Wed. May 13th-**
 - School Garden Access, Care and Management.
- **Wed. May 20th-**
 - Supporting Home Gardening for Students



[More info here](#)



Mahalo - to the 273 students and 207 adults who participated in Virtual Volunteer Week, ending this Saturday, 5/2.



Resources to Support Health and Wellness:



Published by the Greater Good Science Center (GGSC) the magazine provides articles, videos, quizzes, and podcasts, to bridge the gap between scientific journals and people's daily lives, particularly for parents, educators, business leaders, and health care professionals.

<https://greatergood.berkeley.edu/>



Greater Good Monthly Calendars

The monthly **Greater Good Calendars** offer you tips and tools to build resilience in these uncertain times.

This month, protect your relationships and build optimism.

Get the May 2020 Calendar [HERE](#)

Even when Stay at Home orders are eased and the number of people who can gather slowly increases, we know that wearing face masks in public places will be a practice that can continue to keep us safe. Make sure you have your supply...

- [CDC Guidance-DIY Masks](#)
- [No Sew Face Mask](#)

Although the CDC recommends that we wear a cloth face mask in public because it slows the spread of the coronavirus, masks alone will not be the answer. We don't want it to create a false sense of security. The efficacy of face masks by specific percentages is still unknown, despite some info. spreading through social media. [Snopes](#)



We need to continue to practice comprehensive prevention:

- Wear cloth face masks in public settings.
- Keep our distance.
- Wash our hands w/soap.
- Cough or sneeze into our elbows.
- Avoid touching our faces.



[How to Create Your Own Personal Space](#) -

Here are some suggestions of things to do that are FREE in your ZEN DEN.....

Read a book-

- [Digital Lending Library](#) -All you need is your Hawaii Public Library card to access this free collection.

Listen to music-

- [Spotify](#)
- [Pandora](#)

Practice Mindfulness-

- [Calm](#)
- [Headspace](#)
- [Insight Timer](#)

7 Creative Ways to Use Herbs Around Your Home

- 1 Put a few drops of peppermint oil into a diffuser 
- 2 Plant rosemary and parsley to use for cooking 
- 3 Try mint ice cubes in your iced water or tea 
- 4 Mix rosemary and sea salt together and use in recipes 
- 5 Hang eucalyptus in your shower 
- 6 Add lavender oil to your bath 
- 7 Make a household spray with sage leaves, 1 cup hot water, 1 cup distilled vinegar and ¼ tsp sea salt 



[Planting Herbs in Containers for Beginners](#)

[Paradise Plants- Home and Garden Center](#)

[Cooking with Fresh Herbs](#)

Don't forget to take some time to

Smile and laugh!

It's good for you!!

- [Having Trouble Dealing With the Pandemic? It's OK to Laugh](#)

Try some of these on for size:

- [Dog Sings About the Pandemic](#)
- [Sportscasters Narrating Every Day Life](#)- Missing sports?
- [Silly Zone](#)- Try this in your neighborhood!

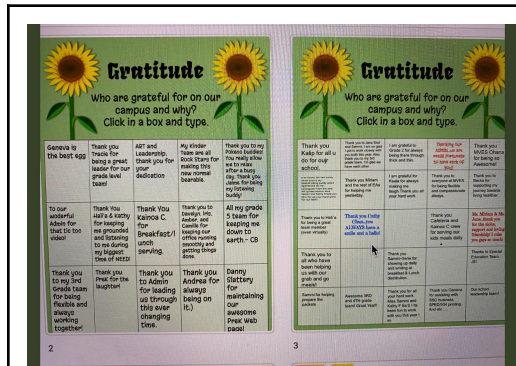


Bright Spots: What's happening in our schools to support wellness?...

Kea'au Middle School held its 2nd Virtual Wellness Wednesday with the addition of a cooking demo and hydroponics.

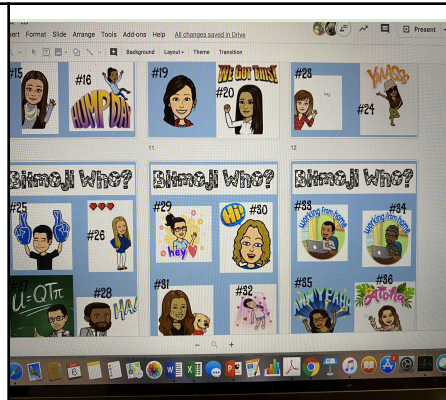
Interested in learning more?
Contact Brandon Tanabe, VP at
brandon.tanabe@k12.hi.us





Mt. View Elementary School celebrated appreciation for their teachers at their HA/Lokahi meeting.

Interested in learning more?
Contact Debbie Collins, VP
at
debbie.collins@k12.hi.us



Waimea Elementary School held an online face-mask fashion show! See some of the entries on their [Facebook page](#)

*Our schools are finding creative and fun ways to stay connected and promote wellness.
Please share your great ideas, activities, and events (with social distancing, of course) with us [here](#)

[‘Ulu Curry Corn Chowder](#)

This tropical twist on corn chowder uses breadfruit (‘ulu) with its mild flavor and the consistency of potatoes or taro, but higher in protein, fiber, and nutrients. As a staple food in Hawaii, the Caribbean, South Asia, and Polynesia it has become a versatile and easy to use ingredient in many different cuisines.



Bonus Recipe! See how to make Roasted Carrot & Hummus with Fresh Fennel in [this KTA video](#)

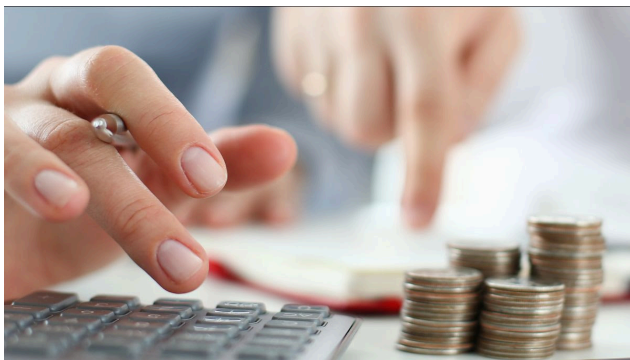
Ongoing Support and Resources



Covid-19 Updates From the County of Hawaii

[A Guide for Our Community](#)

(Programs and available resources)



From the HSTA Member Matters Newsletter:

Credit Unions Offer Emergency Relief Loans

Interested in learning more?.....

[HawaiiUSA Federal Credit Union](#)
[The Hawaii State Federal Credit Union](#)



Hawaii Island Food Basket COVID-19 Pandemic Emergency Food Response

Keaau | Keaau High School: 1st Tuesday @ 10:00am
Hilo | Hilo Civic Center: 2nd Wednesday @10:00am
Pahoa | Pahoa Community Center: 3rd Friday @10:00am
Papaaloa | Papaaloa Gym: 4th Friday @ 10:00am
Honokaa | Honokaa Gym: 4th Friday @12:00pm
Pahala | Kau District Gym: 4th Tuesday @10:00am
Mt. View | Mt. View Elementary: Last Wednesday @10:00am
Volcano | Volcano Cooper Center: Last Wednesday @1:00pm

[Learn More here](#)

Has your family recently experienced job loss due to COVID-19 that affects your ability to pay rent and/or utilities?

Neighborhood Place of Puna is now providing utility and rent assistance through the Aloha United Way CRUA program.

[Learn more here](#)



What We're Reading/Listening to This Week



- [School Counselor Gives Life Lessons On YouTube From Her Kitchen](#)
- [14-year-old Big Island boy starts program to help local farmers during COVID-19 pandemic](#)
- [Is Hot Sauce Healthy? Because the Hot Sauce Trend is Still Hot.](#)
- [How Friendships Influence Your Health](#)

Read for an escape...

- [The Murmur of Bees](#) by Sofia Segovia - A mysterious child with the power to change a family's history in a country on the verge of revolution.
 - [Funny in Farsi](#) by Firoozeh Dumas - A charming chronicle of a family's first encounters with American culture
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