

The following resources have been curated by the Wellness Committee for the education of Salisbury Township School District staff, students and community.

Questions regarding this resources or have a resource to add? Please contact Tara Mossman, Coordinator of Human Resources at tmossman@salisburysd.org.

[Left Brain Buddha](#) - Resources for a mindful life!

[Mindful.org](#) - A mission-driven non-profit dedicated to inspiring, guiding, and connecting anyone who wants to explore mindfulness—to enjoy better health, more caring relationships, and a compassionate society.

[2019 Preventive Schedule](#) - PLAN YOUR CARE: KNOW WHAT YOU NEED AND WHEN TO GET IT

Preventive or routine care helps us stay well or finds problems early, when they are easier to treat. The preventive guidelines on this schedule depend on your age, gender, health and family history.

[Vaping](#)

Research Marieke Andronache,, a Wellness Committee member. Completed on the topic of vaping.

[Dimensions of Wellness](#)

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth. This resource outlined eight dimensions of wellness.

[Cracking the School Breakfast Code](#)

Breakfast is critical for success in school. How do schools make it work?

[After it all falls apart](#)

An overview of the increasing complexity of mental health issues in the K-12 learning environment.

[Mind/Body Connection](#)

What is the growing research around mindfulness education in K-12 and what are the most common entry points when schools are looking to increase awareness in this area?

[Can listening to classical music help kids keep calm?](#)

Today's fast-paced, on-demand world offers immense opportunity -- and plenty of distraction. Tuning out worries and remaining focused can be especially difficult for children, many of whom feel vulnerable due to circumstances at home and fears of violence at school. PBS station WVIZ/Ideastream profiles an educational program that combines classical music with meditation techniques to create calm.

[The Crucial Role of Recess in School](#)

Recess is at the heart of a vigorous debate over the role of schools in promoting the optimal development of the whole child. A growing trend toward reallocating time in school to accentuate the more academic subjects has put this important facet of a child's school day at risk. Recess serves as a necessary break from the rigors of concentrated, academic challenges in the classroom. But equally important is the fact that safe and well-supervised recess offers cognitive, social, emotional, and physical benefits that may not be fully appreciated when a decision is made to diminish it. Recess is unique from, and a complement to, physical education—not a substitute for it. The American Academy of Pediatrics believes that recess is a crucial and necessary component of a child's development and, as such, it should not be withheld for punitive or academic reasons.

[Science's Newest Miracle Drug is Free](#)

A grassroots movement of physicians who are prescribing time outdoors as the best possible cure for a growing list of ailments. Can they really convince big health care that free medicine is the way of the future?

[Cultivating Mindfulness for Educators using Resources from the New York Times](#)

This article contains practical strategies for bringing mindfulness into life both inside and outside the classroom to support the well-being of both adults and young people. The post includes resources for introducing students to mindfulness too.

[Mindfulness for Teachers](#)

Mindfulness for Teachers is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

[Adolescents who skip breakfast may develop obesity](#)

The main finding is that skipping breakfast, a common habit among teenagers, associates directly with increased waist circumference and body mass index in this age group. The habit can lead to an unbalanced diet and other unhealthy behaviors, potentially making the adolescents vulnerable to weight gain.

Blog Post

[Allergy Awareness Month – Treating Allergic Reactions to Food](#)

[The Role of the Certified School Nurse \(CSN\)](#)