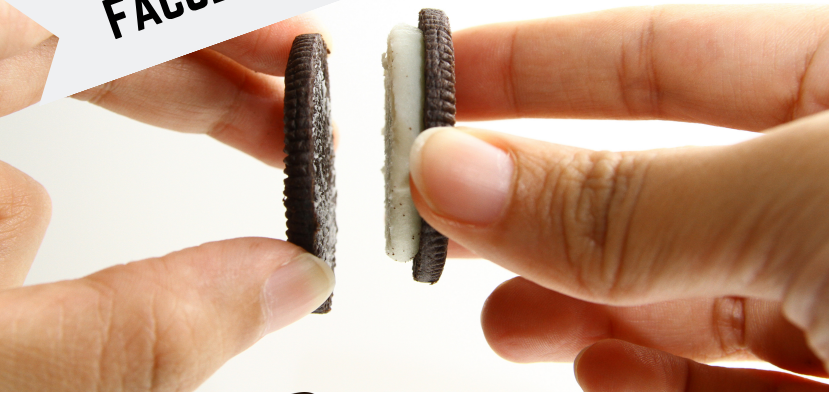


FACULTY FUN

March 6, 2023



Let's celebrate
National Oreo Cookie Day

- GRAB SOME OREOS IN THE LOUNGE
- DIP THEM IN YOUR FAVORITE CHOCOLATE
- ADD SPRINKLES
- VOTE ON THE BEST WAY TO EAT AN OREO

Thank you for being the sweetest!



How does it work?

What do I need to make this happen?

1. Grab some oreo cookies (enough for all the faculty)
2. Grab some almond bark and a melting crock pot
3. Grab some sprinkles to dip cookies in
4. Use the National Cookie Day Flyer to make the announcement
5. Let everyone vote for their favorite type of oreo
6. Enjoy the "positive" day!



Purchase Now



Purchase Now



Purchase Now



Purchase Now

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TIME TO VOTE



National Oreo Cookie Day

WHAT IS YOUR FAVORITE WAY TO EAT AN OREO?

Circle your favorite way to eat an oreo

- Pull apart and eat only the delicious icing inside
- It's a plain oreo for me
- Dip that cookie in melted chocolate
- or
- Oreo, chocolate and sprinkles is the best



Thank you for being the sweetest!

Voting Ballots (cut apart for faculty)

TIME TO VOTE



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www.well-beingsafetyassessments.com

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School Safety Solutions

Well-being Safety Assessments Proactive Services

The School Helpline

is available day and night when you are struggling.



Problems at home
Issues at school
Relationship trouble
Trouble concentrating
Frustrated/Angry
Worried about something



573.451.2151
Call, Text, Message, or Email

The School Helpline

School Wellness Assessments

An online screening that will identify students who are high risk in the following areas:

- **Anger**
- **Depression**
- **Drug/Alcohol Abuse**
- **Mental Health Concerns**
- **Child Abuse/Neglect**

Help students before things get out of hand!



Ask about a
Free Trial Assessment

573.451.2151



www.well-beingsafetyassessments.com

School Wellness
Assessments

THE SCHOOL SAFETY NEWSLETTER

March 2023

National Bubble Week
March 20-27, 2023



March is

NATIONAL NUTRITION MONTH

What types of food should children be eating to stay healthy?

It doesn't matter if you are a child, teen or an adult, everyone needs **vitamins, minerals, carbohydrates, proteins and fat**. These are nutrients and necessary to live a healthy life. All of us should be eating nutrient-dense food with limited sugar, saturated fat or salt added to it. In honor of **National Nutrition Month**, try eating the following health foods:

- Seafood, lean meat, poultry and eggs (**protein**)
- A variety of fresh, frozen, canned and dried fruit with minimal added sugar (**fruit**).
- A variety of fresh, frozen, canned and dried vegetables with minimal added salt (**vegetables**).
- Whole wheat grains including breads, pasta oatmeal and brown rice (**grains**).
- Low-fat dairy products such as milk, cheese and yogurt (**dairy**).

March 1-31

Irish American Heritage Month
Women's History Month

March 1

World Compliment Day

March 6

National Oreo Cookie Day

March 7

National Cereal Day

March 11

Johnny Appleseed Day

March 17

St. Patrick's Day

March 20

International Happiness Day



MENTAL HEALTH REMINDERS

MARCH
2023

WWW.WELL-BEINGSAFETYASSESSMENTS.COM

Monthly School Safety
Newsletters

Monthly Mental Health
Reminders for staff

Well-being Safety Assessments

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Rolla, Missouri 65401

573.451.2151

