

SLPS Wellness Newsletter

APRIL 2025



FOSTERING WELLNESS, INSPIRING HEALTH



Living with Stress and Learning ways to Manage it

Our bodies are designed to handle stress – but in small doses. In fact, it's part of our survival instinct.

Have you ever heard a strange noise during the night and suddenly become wide awake? That's your fight or flight response making you hyperaware and focused so you can keep yourself safe.

In many situations, stress can be good. But, when you're under constant stress without any periods of relaxation, it may become a serious problem. It can send your body into overdrive and cause many health issues.

You can probably find a stressor (or two) by simply taking stock of your surroundings right now. Maybe you're in the middle of responding to a frustrating email, you notice a pile of dirty laundry to your left or you can hear your kids arguing in the next room.

[For more information](#)

Life is full of good and bad stressors. Some we can easily ignore or deal with, while others take more of our energy. Here's a list of common stressors you might relate to:

- Feeling overworked
- Death of a loved one
- Divorce
- Losing a job
- Financial obligations
- Getting married
- Buying a house
- Caring for a family member

Have you ever worried so much that you've made yourself physically sick? Stress is powerful. Stress may cause physical, mental and emotional symptoms. Many health conditions may be made worse from chronic stress. Signs of chronic stress may include:

- Headache
- Trouble sleeping
- Gastrointestinal issues
- Anxiety and irritability
- Overeating
- Lack of motivation
- Sadness or depression

In this newsletter
you can expect:

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Awareness](#)

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Warriors](#)

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Spring Into Fitness 2025

This year SLPS Parent Action Council has partnered with GO! St. Louis Marathon to bring you **Spring Into Fitness 2025**. We will engage in a district wide spring fitness fest. Including a 1-mile fun run/walk and 5K.

When: Saturday, April 26

Where: Downtown St. Louis - across from City Hall

Time: 6:30 am - 12:00pm

Register here

Pre-register by 4/21/2025



Registration is Free and Includes

- Premium event t-shirt
- SLPS sports headband
- Finishers medal
- Individual race photos

Join us for Zumba, Yoga and Foam Zone.

Get Race Ready with STLRun Crew for '**Sunday Runday**'.
Sundays 10am at Kiener Plaza



Million Mile Month

SLPS is participating in the **April Million Mile Month** virtual challenge. The goal is to complete one million miles of physical activity, as one global community. Its not too late to Register.

There is no charge to register and any proceeds from your registration enable school children and low-income families to participate for free.

Register Now!!

Team: **SLPS and your school location**

Challenge: April 1 - April 30



Coming in May



Heart Walk 2025

When: May 31st at

Time: 8:30am

Where: West Port Plaza

What: 5K Walk

Why: To Save Lives.

Every walker who joins, every dollar donated, means more CPR and more lifesaving moments for everyone.

Check out the flyer and Wellness website for more info.



Harmony Health Challenge

Be on the look out for more info about the May **Harmony Health Challenge**. The goal of this challenge is to

- Reduce Stress
- Improve Productivity
- Enhance Reflection
- Encourage habits of daily learning
- Foster self-discipline
- Provide inspiration

The challenge will run from May 1 - May 31st.

Mr. Charlie Bean

is an integral part of why SLPS participates in the Heart Walk. In 2023 he woke to the feeling of an elephant sitting on his chest and not being able to catch his breath. He woke his fiancée and was rushed to the hospital. He was having a heart attack. He needed an immediate 3-hour surgery to remove a major blockage. After being released from the hospital the real work began. Mr. Bean was a 35-year smoker and quit cold turkey. He cut out the junk and fast food and added more nutritional foods. After another surgery to repair a 95% blockage he makes sure to take all his medications. Which was one of the hardest parts of his whole journey.

“I know my fight is not over, I know I have to continue to listen to my doctors and take the medication. I might have heart disease, but I am still a FIGHTER!”



WELLNESS WARRIORS

Each month we will recognize our incredible team members who have gone above and beyond to promote health and well-being within SLPS.

Do you know someone who deserves to be nominated? Send their name and why you want to nominate them to

leah_hammel@uhc.com.

Pictures are a bonus!

Mr. Griffin, at Carnahan STEAM is excited to celebrate his team members for their commitment to their schools overall wellbeing.

Atf Mahr Speech/Drama Teacher

Mr. Mahr collaborates with students and staff, guiding them through relaxation techniques, exercises to release negative energy, and methods to center the body for positive change.

Audrey Black Counselor

Ms. Black is always advocating for healthy activities, creating competitions, and using boxing as a positive influence on negativity.

Malik Shabazz - Physical Education Teacher

Mr. Shabazz collaborates with staff to promote healthy living, offering guidance on nutrition and creating personalized workout plans.

Ms. Long, at Nottingham CAJT High School is thrilled to recognize

Ms. Jacqueline Bonds-Fowler for her dedication to the school's overall well-being.

Jacqueline Bonds-Fowler Dropout/Transition Specialist

Ms. Bonds-Fowler has shown initiative in leading our school in healthy meditation and nutrition through Wellness Wednesdays and Thankful Thursdays. Each morning begins with a positive quote and a short exercise, followed by a healthy breakfast of oatmeal, granola bars, and yogurt for the staff.

**MS. KIZER IS PROUD TO
NOMINATE
MS. VASHELL ANDERSON
FOR HER COMMITMENT TO
HEALTHY EATING. SHE IS
ALWAYS BRINGING HEALTHY
SALAD JARS TO MEETINGS.**



TIPS FOR STRESS RELIEF



Stress is inevitable.

That is why it's important to manage it as much as you can. Here are some ways to help relieve stress, prevent burnout and help ward off those stress-related health issues.

[Click here for more information](#)

- Get regular exercise
- Practice meditation and deep breathing
- Spend time with friends and family
- Laugh (a lot!)
- Make time for hobbies that make you happy, like reading or listening to music
- Get plenty of sleep
- Fuel your body with nutritious foods

SLPS PARTNERS



Calm Health

The [Calm Health](#) app provides programs and tools to help support your mental health and well-being—all at your own pace.

As a UnitedHealthcare member, Calm Health is included in your health plan and available at **no additional cost.**

[For more information](#)



UHC Rewards

Learn how you can earn up to **\$300.00** per year by participating in your wellness program and completing healthy activities!

Review this [flyer](#) for details or check out this [video](#) and [FAQ](#) for more information.



Factor Partners with SLPS

Personalize your plan to fit your lifestyle.

Your dietitian approved meals are delivered to your door, ready to heat and eat

Create a [Factor75.com](#) account using code **STLOUISFACTOR** for an automatic discount.

Meal Delivery



Clean EatZ

Healthy Meals for Your Lifestyle.
Meal Plans. Grab'n'Go. CafeMenu
Clean EatZ is more than a restaurant that offers healthy food. They are heart-driven to change lives through clean, balanced food, thought-provoking educational motivational support that inspires results.
Stop in and let Clean Eats meet your quick food needs.



Perfectly Plated

Perfectly Plated strive to make meal time easier and healthier. Let them take the time to plan, shop, chop, prep, cook and plate your meals. This means all you have to do is heat and eat. Choose your meals, Wait for Delivery, Heat and Eat.



Fit Flavors

Let their in-house Menu Development team create balanced, delicious meals with high-quality ingredients. Mix and match from over 60 seasonally rotating options. Shop online for pickup or delivery. When you're ready, heat in the microwave and enjoy!



Pure Plates

Fresh, healthy meals chef-crafted & delivered right in St. Louis. Their customizable meal plans fit your lifestyle and dietary needs. Enjoy delicious, nutritious meals made with fresh, high-quality ingredients.
Order online, Customize, Pickup or Delivery.



BINGO WINNERS

Our February BINGO challenge was a huge success, with almost a 20% increase in participation. The winners earned a fitness tracker.



Congratulations to
Rebecca Shuler
the grand prize winner of a
fitness tracker wellness
package.

SLPS WELLNESS

www.SLPS.org/wellness

LEAH HAMMEL
Wellness Coordinator

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