

# The Wellness Times



Fred C. Underhill School  
Hooksett, NH  
Volume 3, Issue 3  
December, 2018



Bulletin Board Outside Mrs. Lord's Office



Feelings are a jumble during the holiday season: excitement, joy, disappointment, anticipation, jealousy, etc. Navigating through the ups and downs is a challenge. The bulletin board outside my office titled EMOTION CONTROL displays the emotions (characters) from the movie *Inside Out*. These characters, Joy, Disgust, Sadness, Fear, and Anger demonstrate what we feel, think, and act with that particular emotion. For children, recognizing, naming, and managing their emotions is an important part of growing up. You can help your child by talking with them about what they feel and what caused that feeling. It's okay to have feelings, we all have feelings, it is how we handle or manage those feelings that is important. Model for your child by sharing how you manage emotions. For example: "I was late today, which made me nervous and frustrated. I took a deep breath and reminded myself everybody is late sometimes". - Candace Lord, School Counselor

## Winter Break Fun at the Hooksett Public Library

**Bring Your Lunch,  
Watch a Movie!**

**The Polar Express  
December 27th  
12:00pm - 2:00pm**

Wear your pj's and bring your lunch, snacks, and a blanket to sit on as you watch this holiday classic!

**Countdown to Noon**

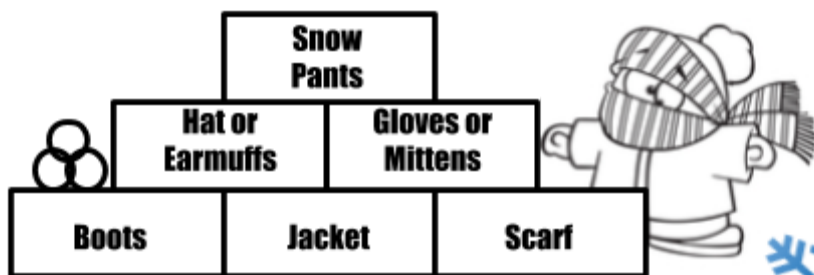
**December 29th  
11:00am - 12:00pm**

The annual Countdown to Noon Party will include games, crafts, songs, dancing, a fun New Years photo booth and of course, a fun countdown to noon!

# Healthy Tips for Winter Fun!

We love to play outside at recess!

To stay warm, we need to wear:



Do you know about Frostnip? It is a mild form of frostbite, irritates the skin, causing redness and a cold feeling followed by numbness. Frostnip doesn't permanently damage the skin as long as the chilled part is warmed right away. (Source: mayoclinic.org)

## What To Do On A Cold, Winter Day... ...Cozy Up With A Good Book!

### *The Snowy Nap*

Written and illustrated by Jan Brett

This new story of Hedgeie the Hedgehog is perfect for reading at bedtime. Hedgeie really wants to see winter, so he struggles to stay awake instead of hibernating. Will Hedgeie truly see winter? Try to keep your eyes open long enough to find out in this book illustrated with Jan Brett's usual gorgeous artwork.



Did you know?  
The oldest living pine tree in the world is 5,068 years old! It is in the Ancient Bristlecone Pine Forest in California.

**Tradition of evergreens:** For thousands of years, plants and trees that remain green all year had a special meaning for people in the winter. Just as people today decorate their homes during the festive season with pine, spruce, and fir trees, ancient peoples hung evergreen boughs over their doors and windows as a reminder that springtime will return. (Source: history.com)

Thank you to the following students for their help with this month's Wellness Times:

Addison Carr, Emma Gontar, Emily Little, Violet Lloyd, Elise Ross, Hannah Russell, Samantha Smart

## Some Notes From Around Town...

*\*Not affiliated or sponsored by Hooksett School District*

### Kids' Klosest

Providing gently worn clothing for children of Hooksett

Open first Monday of the month  
6:00 pm - 7:30 pm

Hooksett Town Offices  
35 Main Street, Hooksett, NH

Walk-ins welcome - No appointment necessary

If you have an immediate need, contact Hooksett Family Services at 485-8769.



It is the mission of the Hooksett Community Food Pantry to help those of the local community who are hungry by providing food items, thereby enhancing the quality of life in our community.

Anyone seeking help from the Hooksett Community Food Pantry is welcomed and treated with respect regardless of their personal situation. Clients do not require referrals.

Please call 485-7222 for an appointment



*I Heard a Bird Sing*  
By Oliver Herford

I heard a bird sing  
In the dark of December.  
A magical thing  
And sweet to remember.  
"We are nearer to Spring  
Than we were in September,"  
I heard a bird sing  
In the dark of December.