



Oct. 5, 2021

We all play a role in the Circle of Wellness for the children of the Mancos School District. Take a look and see where you and your child connect. Renew your own sense of wellbeing when you spot an area in which you excel. Perhaps spot an area when you tell yourself “oh I can be better.” We all have strengths and weaknesses in each of the categories in the Wellness Wheel. We have different skills to offer our children and the children around us. The important thing is to identify those strengths and build on them. Maybe you're great at the physical aspect and getting your kids involved in physical activities with you each week. No matter what the strengths or weaknesses, being fully present in those moments will not only help your kids' mental health, but also their physical health. There are a lot of activities that don't take a lot of time and effort to get your children involved in learning that health isn't just physical, but includes all these other aspects of our lives. Each week identify an activity that you can do with your child(ren) in each category of the Wheel and make it interactive.

Covid screen testing update-We tested 33 staff and students on Monday. Thankfully, all results were negative. If you wish for your student to participate in the weekly screening, please refer to the Mancos School district webpage, Covid resources and register. We finally broke our winning streak. Our school district does have a covid positive case. When one person in a family gets Covid it may cause the entire family to stay home. Therefore, we still need to be using caution and following healthy guidelines.

Surrounding area schools are seeing an increase in cases, returning to masks, one school is on remote learning for a week. Mesa county had 266 new cases in one day and some businesses are requiring masks once again. We hope to NOT have those issues.

Parents are able to order Binax home test kits now. Please refer to the following link if you wish to order the home kits.

<https://covid19.colorado.gov/covid-19-testing-at-home>