Inside This Issue

1  Weigh & Win Holiday Challenge
2  Weigh & Win Sign Up
3  Raffle Winners
4  Resilience
5  Onsite Classes
6  Attention Span

Healthy Holiday Challenge –

November 14, 2018 to January 8, 2019

Healthy Holidays Challenge

Join the challenge for a healthy, happy holiday season.

Join  Visit WeighandWin.com/HealthyHolidays and click the ‘Join the Challenge’ button. You will be redirected to log in to your account. After login, you will see your Healthy Holidays Dashboard and you will be officially a part of the challenge. If you don’t have an account, please sign up for free.

Engage  Receive weekly tips for overcoming holiday temptations, maintaining balance and engaging in healthy behaviors over the holidays.

Maintain  Complete a pre-holiday weigh-in between November 14-21, 2018 and a post-holiday weigh-in between January 1-8, 2019. If you maintain your weight within one pound (or lose weight) you are eligible for the prize drawing.

Win  Everyone who maintains their weight is entered into the prize drawing for (15) $50 Amazon gift cards.

Have Questions? Personal.Trainer@WeighandWin.com  |  1-800-694-0352

WeighandWin.com/HealthyHolidays
On average, Americans gain one to two pounds every holiday season - which they never lose. Over time, those pounds add up! Let’s make this holiday season a healthier one, together. Join the Weigh and Win Healthy Holidays Challenge and enjoy the holidays with balance and maintain your weight this holiday season! Maintain your weight within one pound (or lose weight) and you will be entered in to a drawing for (15) $50 Amazon Gift Cards. For more information and to join - WeighandWin.com/HealthyHolidays

27J Weigh and Win Kiosk and Wireless Scales are located at:

Kiosk
(ESC) Educational Service Center

Wireless Scales
Second Creek Elementary
Nutrition Services
West Ridge Elementary
Transportation

How to weigh in using the wireless scale

1. Download the incentaHEALTH Smart Scale app to your smartphone. Search the App or Google Play store.

2. Log in to your Weigh & Win account in the app. If you don’t have an account, you can sign-up for free in the app.

3. Prop your phone up to take a full-length photograph. In order to qualify for cash rewards, you must take a full-length photograph.

4. Step on the scale and smile!

** Please Select - School District 27J - when you sign up or update your profile if you are already registered.
To those of you who attended one of our three Nurse Consult Events in October – Thank You!!

The Raffle Drawing Winners of $50 Visa Gift Cards are:

1. Danielle Abrahamson
2. Elud Archuleta
3. Cherie Barringer
4. Jamie Bell
5. Kathy Brown
6. Tonja Castaneda
7. Victoria Chavez
8. Jim Chleboun
9. Gidget Covillo
10. Lisette Gonzales
11. Lynette Griffin
12. Carrie Hillier
13. Maricruz Jones
14. Rob Koehler
15. Valerie Larson
16. Emily McCauley
17. Rosabla Ortega
18. Andy Pippin
19. Rhonda Plambeck
20. JoAnn Saffy
Contribution from Michele Saller – Principal Vikan Middle School

Cultivating Emotional Resilience in Yourself!

Within you is a wellspring of life-giving energy that you can access and cultivate each and every day.

Resilience is not a magical elixir that will eliminate all of the physical, emotional, or cognitive demands of teaching, but resilience can substantially and dramatically increase our ability to manage the daily stressors and rebound from inevitable setbacks. Resilience allows us to listen to students and their families and take in painful information, because resilience ensures that we can keep our hearts open to what we see and hear. Resilience makes us confident in our ability to manage our own, and others' intense emotions. Resilience also enables us to have difficult conversations—and if we aren't having them begin to have them.

In Elena Aguilar's book *Onward*, each month of the year is focused on a habit that she believes ultimately leads to emotional resilience. These habits when practiced consistently each month lead to the habits and dispositions of emotionally resilient educators. **November's habit is TAKING CARE OF YOURSELF.** She writes: Physical self-care and well-being are foundation to many other habits. When your body is cared for, you're better able to deal with emotions. Resilient people have a healthy self-perception, are committed to taking care of themselves, and accept themselves more or less as they are. She includes in her workbook by the same name, *Onward*, daily activities to do to build the habit of TAKING CARE OF YOURSELF. Activities like: Listening to your Body; Self-Care Origin Stories (how did people take care of themselves when you were young?); Keeping a Food Diary; Tracking Exhaustion and many more.

Are you TAKING CARE OF YOURSELF?
Work to cultivate emotional resilience in yourself during the month of November by taking care of yourself.

Have fun!
## Onsite Classes

**ALL CLASSES OFFERED BY 27J ARE FREE!!!**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>November</strong></td>
<td><strong>November</strong></td>
<td><strong>November</strong></td>
<td><strong>November 8</strong></td>
<td><strong>November 9</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Swimming 27J Pool 5:00 am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Yoga @ Nutrition Services 2:30 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Yoga @ BLARC 4 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>November 12</strong></td>
<td><strong>November 13</strong></td>
<td><strong>November 14</strong></td>
<td><strong>November 15</strong></td>
<td><strong>November 16</strong></td>
</tr>
<tr>
<td>Swimming 27J Pool 5:00 am</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ ESC 11:30 a.m.</td>
</tr>
<tr>
<td>7:40 a.m. Mindfulness Practice @ PVHS (M103)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga @ ESC 4:00 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boot Camp – South Elementary 4:30 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yoga @ BLARC 4 p.m.</td>
<td>Yoga @ BLARC 4 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>November 26</strong></td>
<td><strong>November 27</strong></td>
<td><strong>November 28</strong></td>
<td><strong>November 29</strong></td>
<td><strong>November 30</strong></td>
</tr>
<tr>
<td>Swimming 27J Pool 5:00 am</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ ESC 11:30 a.m.</td>
</tr>
<tr>
<td>7:40 a.m. Mindfulness Practice @ PVHS (M103)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga @ ESC 4:00 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boot Camp – South Elementary 4:30 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yoga @ BLARC 4 p.m.</td>
<td>Yoga @ BLARC 4 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>December 3</strong></td>
<td><strong>December 4</strong></td>
<td><strong>December 5</strong></td>
<td><strong>December 6</strong></td>
<td><strong>December 7</strong></td>
</tr>
<tr>
<td>Swimming 27J Pool 5:00 am</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Swimming 27J Pool 5:00 am</td>
<td>Swimming 27J Pool 5:00 am</td>
<td>Yoga @ ESC 11:30 a.m.</td>
</tr>
<tr>
<td>7:40 a.m. Mindfulness Practice @ PVHS (M103)</td>
<td>YARN ARTS @ ESC 5:00 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td></td>
</tr>
<tr>
<td>Yoga @ ESC 4:00 p.m.</td>
<td></td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td></td>
</tr>
<tr>
<td>Boot Camp – South Elementary 4:30 p.m.</td>
<td></td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>December 10</strong></td>
<td><strong>December 11</strong></td>
<td><strong>December 12</strong></td>
<td><strong>December 13</strong></td>
<td><strong>December 14</strong></td>
</tr>
<tr>
<td>Swimming 27J Pool 5:00 am</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Swimming 27J Pool 5:00 am</td>
<td>Swimming 27J Pool 5:00 am</td>
<td>Yoga @ ESC 11:30 a.m.</td>
</tr>
<tr>
<td>7:40 a.m. Mindfulness Practice @ PVHS (M103)</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
<td></td>
</tr>
<tr>
<td>Yoga @ ESC 4:00 p.m.</td>
<td>Yoga @ BLARC 4 p.m.</td>
<td>Yoga @ BLARC 4 p.m.</td>
<td>Yoga @ BLARC 4 p.m.</td>
<td></td>
</tr>
<tr>
<td>Boot Camp – South Elementary 4:30 p.m.</td>
<td>Yoga @ BLARC 4 p.m.</td>
<td>Yoga @ BLARC 4 p.m.</td>
<td>Yoga @ BLARC 4 p.m.</td>
<td></td>
</tr>
</tbody>
</table>
Time management isn’t the problem – our attention span is
- Chris Bailey

Walk through your local bookstore and you’ll find dozens of books devoted to
time management. Ironically enough, most of them are probably a waste of
your time. You’ve likely already mastered two important elements of the topic:
You can show up to meetings when you’re supposed to, and are fully capable
of keeping your calendar on track. Most of us are pretty good at managing our
time. What we’re not as good at is managing our attention.

One study found that when we’re working in front of a computer, we focus on
one thing for an average of just 40 seconds before switching our attention to
something else. A lot of these distractions come from other people in the form
of e-mails and instant messages, but research shows we’re actually
responsible for 50 per cent of the distractions that sabotage our focus.

Most of the time, we get back on track quickly. But we don’t fare as well when
we’re interrupted completely. In fact, when someone interrupts us, it takes an
average of 29 minutes to resume our focus. We fare only a bit better when we
distract ourselves – in these cases, it takes us 22 minutes to get back on
track.

To put it simply, we’re distracted a lot. At the same time, we rarely choose
where we direct our attention – the world decides for us. A new e-mail
notification slides onto our screen and instantly halts us in our tracks. We
receive a text message in an important meeting and turn our attention from
the people in front of us to our phone instead. Focusing on a project in the
office, a co-worker stops by to flag an emergency, which interrupts our focus
for another half an hour.

Think back to your most productive day. Chances are you weren’t tending to a
new distraction every 40 seconds. Perhaps you were on deadline. When
distractions came your way, you eschewed them in favor of paying attention to
what was actually important. On these days, you entered a mode I like to call
hyperfocus, where you brought your full, deliberate attention to one important
thing, which let you accomplish in an hour what might normally take an
afternoon. On days such as these, you are the master of your attention.
I get distracted a lot, and recently embarked on a project to get to the bottom of why this is – and what we can do about it. I pored through hundreds of research papers and talked to dozens of experts about the state of our attention. Here’s what I discovered along the way:

- Being distracted isn’t our fault (it’s the way we’re biologically wired).
- Deliberately letting our mind wander is one of the best ways to become more creative.
- When our attention is at rest, we think about our goals 14 times as much as when we’re focused.
- We accomplish our intentions more often by taming distractions ahead of time. A few ways to do this: Use your phone's greyscale mode, which turns your screen black-and-white and makes apps far less engaging; enable e-mail notifications for VIP contacts only; and have no-phone dinners with your family.

The most significant idea I encountered was a simple one, but with profound implications: The state of our attention determines the state of our lives. The moments in which we’re distracted accumulate – day by day, week by week, year by year – to create a life that feels distracted and overwhelming.

On the other hand, when we focus for longer periods on what’s productive and meaningful – important conversations, big work projects and experiences with loved ones – our lives improve by virtually every measure. We get more done, dive deeper into our experiences and notice more meaning around us, because we process the world with greater intention. We stop allowing our devices to interrupt us every 40 seconds. And we feel more in control of our lives, because we take control of each moment.

Time management is a topic that has been studied and scrutinized to death. But while we’ve been managing our time better, we’ve grown more distracted than ever before. It doesn’t matter how well we manage our time if we can’t focus our minds on what we want to accomplish.

In a world of constant distraction, it’s time for a new focus: attention management.
Notice of Non-Discrimination
https://www.sd27j.org/Page/2176
Title IX District Compliance Officer: Michael Clow. In compliance with Titles VI & VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination in Employment Act of 1967, the Americans with Disabilities Act, the Genetic Information Nondiscrimination Act of 2008, and Colorado law, School District 27J does not unlawfully discriminate on the basis of race, color, sex, religion, national origin, ancestry, creed, age, marital status, sexual orientation, genetic information, disability or need for special education services in admissions, access to, treatment, or employment in educational programs or activities which it operates and provides equal access to the Boy Scouts and other designated youth groups. A lack of English language skills will not be a barrier to participation or admission.