



THE WEEKLY MEMO

2022-2023, Issue #43 - August 14, 2023- Editors: Angie Salazar & Ashley Clayton

Mission Statement

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

INSIDE

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5-6) Desk Stretches & Exercises

4) How Sitting Affects the Body

7-8) Coloring Pages

Meetings and Trainings

August 14 —Monday

- 1:00-4:30 Area Assistants Return to Work Training, Blue Building Conf. Rm.

August 15 —Tuesday

- 8:30-12:30 MANDATORY: Family Advocate ONLY training, Blue Building Conf. Rm.

August 16 —Wednesday

- 8:30-11:30 IHV/ASQ & Staffing's Trainings MANDATORY, Medford Armory 1701 S Pacific Hwy, Medford, OR 97501

August 17 —Thursday

- 8:00-12:00 EHS Training, Blue Building Conf. Rm.



Weekly Memo Submission

Please send your PDF's, jpegs, and text to

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.



You Make the Difference:

Help Your Head Start Program Be a Great Place to Work

Every job has stress, but there are things you can do to make your workplace a great place to be.

BUILD COMMUNITYSHIP – Support each other at work:

- Find a positive person to connect to at work.
- Reduce time with toxic coworkers.
- Be the positive (or neutral) person for your coworkers.
- Have a “skill swap” and show each other strategies that work well for you.
- Give genuine compliments to others daily.
- Find and share things to laugh about.
- Limit your venting. Ask for feedback or suggestions, but focusing on and sharing the negative only keeps it going.
- Model and encourage healthy and stress-relieving habits for others.



National Center on
Health, Behavioral Health, and Safety

1-888-227-5125
health@ecetta.info

<https://eclkc.ohs.acf.hhs.gov/health>

April 2022



You Make the Difference:

Help Your Head Start Program Be a Great Place to Work

Every job has stress, but there are things you can do to make your workplace a great place to be.

MAKE A GREAT START – Set yourself up for a great day before you leave home:

- Make your bed. This simple act helps you feel like you've already accomplished something today!
- Plan for five minutes of mindfulness, meditation, or reflection every morning. Plan as much as you can the night before (or on the weekend) to make your mornings go smoothly.
- Use a favorite song or playlist as your wake-up alarm.
- Don't check work emails until you get to work.
- Exercise or stretch in the morning to take care of yourself first and to be ready to take care of others.
- Find a way to enjoy your commute (listen to an audiobook, podcasts, or uplifting music).

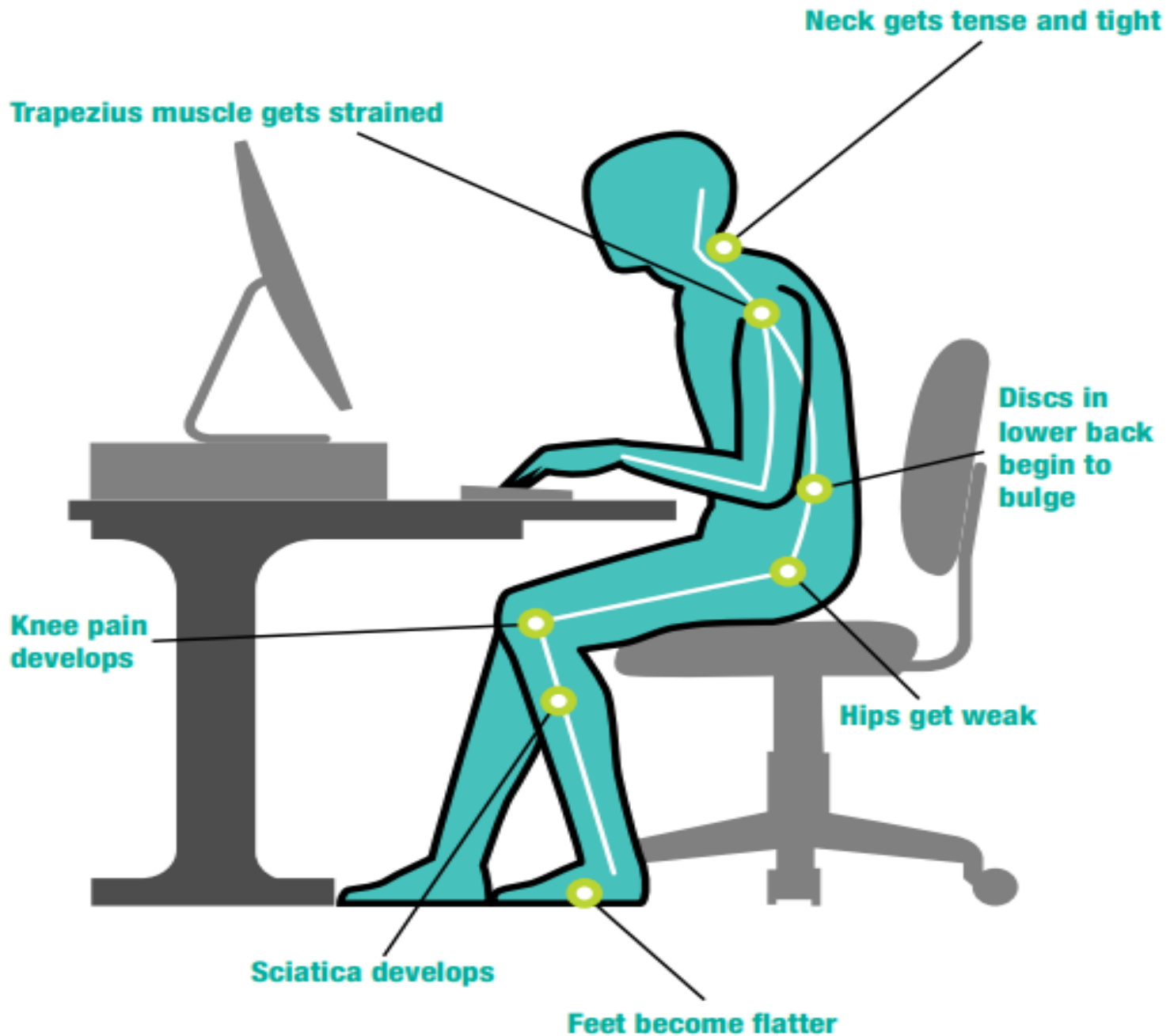


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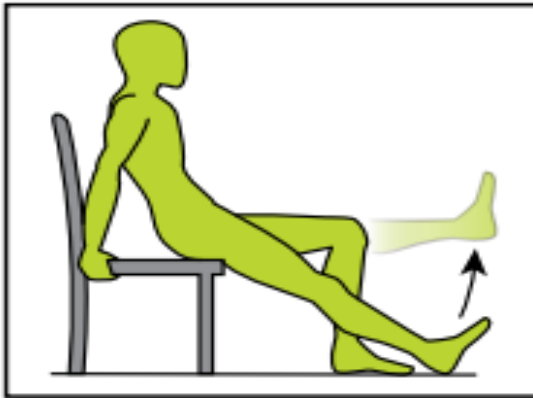
How Excessive and Improper Sitting All Day Affects the Body



This information was derived from www.nasa.gov

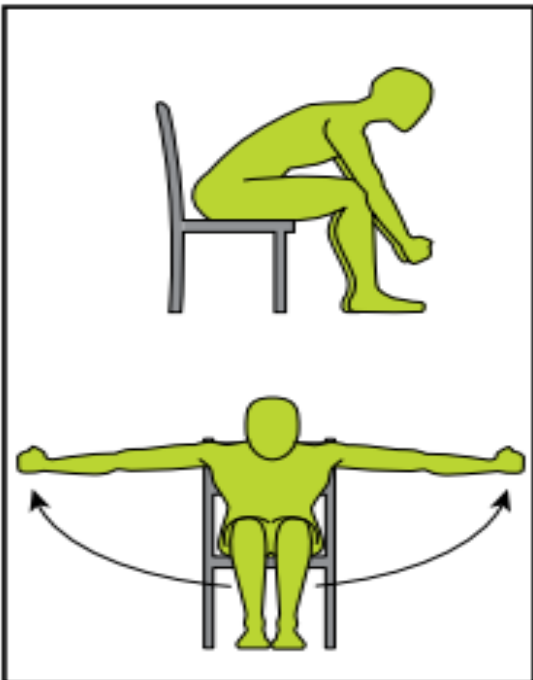
Warning: This content is for informational and educational purposes only and not for the purpose of rendering and medical advice. Always seek the advice of a medical provider with any medical questions.

EXERCISES



SEATED LEG EXTENSIONS

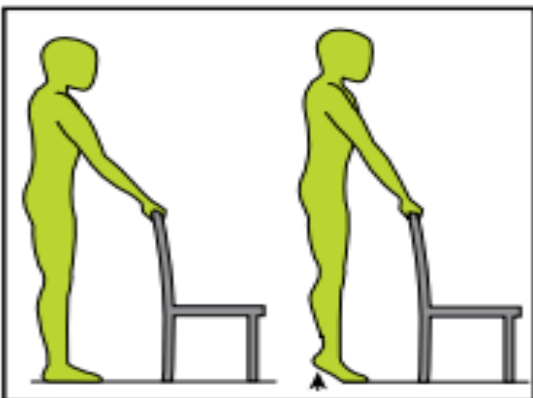
Sit on the edge of your chair with your arms by your sides. Extend your right leg out straight and flex your foot so that just the right heel is on the floor (keeping your foot flexed engages the muscles in the shin and ankle). Lift your leg up as high as you can without rounding your back. Hold for two counts, then lower. Repeat with the other leg. Perform 10 reps on each leg.



SEATED REVERSE SHOULDER FLY

Sit on the edge of the chair and lean forward while keeping your lower back naturally arched. Your palms should be facing each other. Raise your arms straight out from your sides. Pause and then slowly return to the starting position. Repeat the exercise 15 times.

Prolonged sitting increases risk of spinal, shoulder, carpal tunnel, and leg disorders

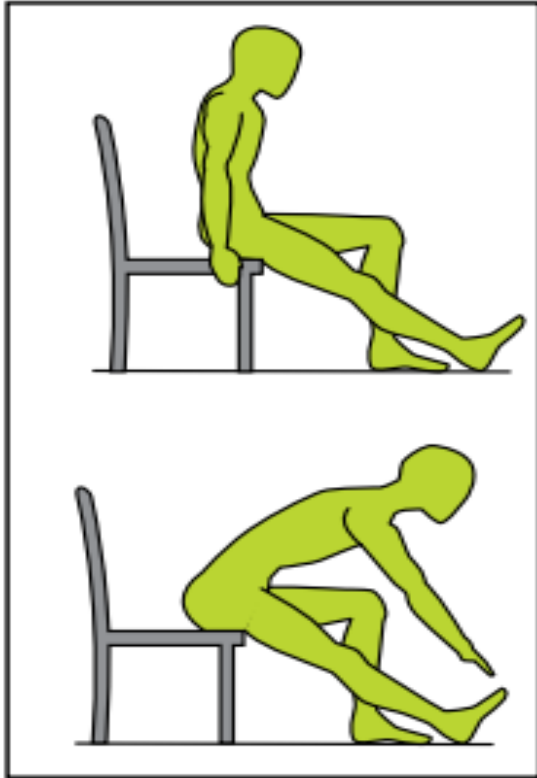


STANDING CALF RAISES

Stand up behind your chair and hold on for support. Raise your heels off the floor until you are standing on your toes. Slowly lower yourself back to the floor.

Perform 12–15 times.

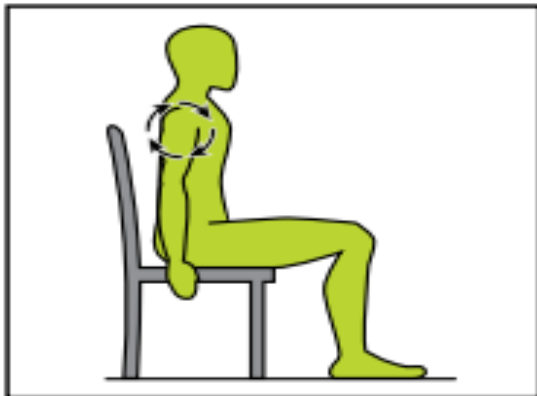
STRETCHES



SEATED HAMSTRING STRETCH

Sit in your chair with both feet on the ground, then extend one leg outward. Reach toward your toes.

Hold stretch for 10–15 seconds while taking deep breaths. Repeat on the other leg for two sets.



SEATED SHOULDER ROLL

Raise both shoulders up toward your ears, then slowly roll them backward. Repeat, rolling forward. Sit tall and do not allow your upper back to round.

Complete this two times in both directions.

Sitting too much increases cholesterol and accelerates weight gain.

