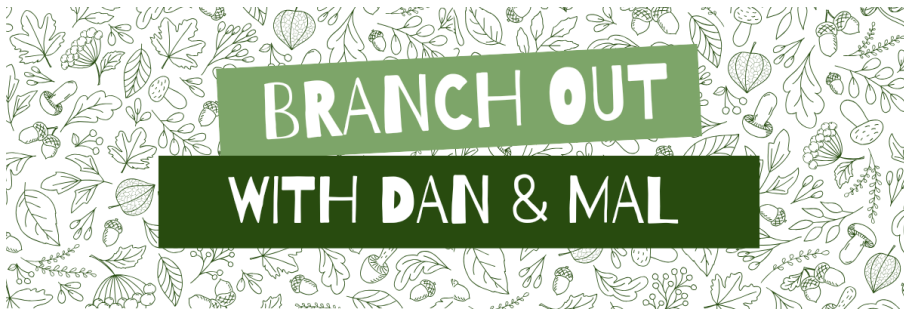




Welcome to Branch Out with Dan & Mal, a weekly newsletter on all things health, wellbeing, and wellness at Midland!

OAKay, Let's Talk...

Mallory's Report:

Welcome back! Hopefully everyone is feeling rested, recharged, and ready to take on Term Two. As we ease back into the school routine, I encourage you to start building a few supportive habits. Wash your hands often. Stay hydrated (we'll talk more about this!). Aim for 8–10 hours of sleep each night—I know, easier said than done. Don't forget the sunscreen. You get the idea!

If you didn't get your flu or COVID shot over Fall Break and would like to do so at school, please let me know sometime this week so I can begin scheduling appointments.

Dan's Report:

It's good to be back together again, and we are off to a roaring start! There have definitely been a couple of impactful themes this week, beginning with many of us (students and adults) feeling noticeably tired. Most of us transitioned into very different daily patterns over the break making it initially challenging to generate productive output so abruptly upon return.

The other theme I've noticed this week that is often connected to feeling tired, especially during transitions, is difficulty generating motivation. When we quickly shift from one pace of life to another it can be draining and even disorienting. When this happens, consider the following 3 phases to rewire your brain into action to drive your motivation:

1. Mapping/Route Planning (goals): Goals provide the route to your desired destination.
2. REV (inspiration): Focus on the reward that awaits you - moving from intention to action!
3. DRIVE (action): Moving in a specific goal-oriented direction. The daily steps to get there!

Yep, that was a “car” analogy, but I think it works. If anyone is wanting to dive into this process, come by the Health Center so we can work together to increase your motivation!

In a *Nutshell* -- Deep Dive of the Week

Water is absolutely essential to life — every single cell, tissue, and organ in your body needs it to function properly. Water regulates your body temperature, keeps your joints lubricated, supports digestion, flushes out waste and toxins, boosts brain function, and maintains hydrated skin.

So... Are You Drinking Enough Water?

Since arriving at Midland in August, one thing I've noticed is that carrying a reusable water bottle around isn't really a norm — and I'd love to help change that. **A study in the American Journal of Public Health found that people who carried reusable water bottles increased their water intake by 27%.** That's a huge difference, just from making one small habit change.

For Active Teens in the Sun:

You're outside a lot. You're moving, hiking, running, riding, and soaking up the sun — which means your body needs more water than average. Consider this scenario:

Chip is a 10th grader at Midland who loves to spend time in the sun and with their friends on the cross country team. How much water should Chip be aiming to drink a day?

- a) One Nalgene bottle a day (32 oz)
- b) Two Nalgene bottles a day (64 oz)
- c) Three Nalgene bottles a day (96 oz)
- d) Four Nalgene bottles a day (128 oz)

The correct answer is at the bottom of this email!

Sharing is Caring, but NOT with Water Bottles

I've heard that sharing water bottles is pretty common around campus. While it's great to see generosity in action, let's try to keep our bottles to ourselves. It's an easy way to reduce the spread of germs, viruses, and infections — especially during flu season.

If you don't have your own reusable water bottle, let me know and we'll figure something out.

For the next week, Health Office lollipops will be given to students who can show me they are carrying a reusable water bottle!

Acorny Ending

Making this newsletter brings us joy, and we've so appreciated the positive feedback on it. If you have health topics we should cover in future weeks or have a suggestion to make improve it, please let us know!

We're on your team. We're rooting for you, and the correct answer is that you should be drinking between 80-100 oz of water a day (answer C).



Mallory McPherson-Wehan
Health Director



Dan Petrocelli
School Counselor

© Midland School | Los Olivos, California