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SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH #NFVM2023 #haveaplant

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weight loss (2023)". There is plenty of evidence that eating a variety of colorful fruits and vegetables in abundance offers protective effects in all aspects of health and wellness. Challenge yourself this month to add additional fruits & veggies into your diet. Some ideas include smoothies, salads, grilled meals, and quick breads. Nutritional information, health promotion, and colorful recipes can be found at <https://jsyfruitveggies.org/>

DOES YOUR DIET INCLUDE ALL THE COLORS OF RAINBOW?

Fruits and vegetables are an important part of a healthy diet, and variety is as important as quantity. According to Harvard T.H.Chan, School of Public Health, diets "rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, help regulate blood glucose levels, and promote



COVID-19 is on the upswing once again, according to closely watched metrics. Per CDC estimates, a new variant, **EG.5**, is now the dominant form in the U.S. Recent trends in New Mexico indicate a 37% increase in +COVID-19 over the last 21 days.

Please make sure everyone in your home is practicing good handwashing techniques and that you are keeping your student at home if they are not feeling well in the morning before school. Consistencies in this practice assist in mitigating the spread of all communicable illnesses.

<https://988nm.org/>

BETTER BLOOMFIELD-COMMUNITY & FAMILY RESOURCE HUB

Are you and your family living without basic needs? If so, you may qualify for certain rights and protections under the federal McKinney-Vento Act.

Better Bloomfield Community and Family Resource Program's mission is to support the enrollment and education of highly mobile/ displaced students. The intention of this program is to provide highly mobile/ displaced students with the same educational opportunities as traditionally housed students by removing as many barriers to learning for these students as possible.

If you believe you may be eligible, or are in need of food, clothing, or shelter, please contact the local liaison to find out what services and supports may be available.

Selece Gathings
505-675-0450 or 505-632-4369
sgathings@bsin.k12.nm.us

September is Suicide Prevention Month

What does that mean to the Bobcat Nation? It means we take the month to learn about ways to help prevent suicide in those we know and love. It also means we take a deeper look at our own mental health needs. Bloomfield Schools uses the Signs of Suicide program for suicide prevention. Signs of Suicide uses the ACT acronym:

A- Act: Is your friend or loved one making comments that scare you? Are they showing signs of thinking about suicide such as giving away their possessions? Does it seem as though they have given up?

C-Care: Let your friend or loved one know you are concerned. Try talking to them about your concerns. Sometimes they will talk to you, sometimes they won't.

T-Tell: Let a trusted adult know your concerns. There is only so much help you can provide, letting the adults know what is going on is your best bet.

There are lots of trusted adults at Bloomfield High School you can talk to- teachers, nurses, counselors, social workers, case managers, principals. Those adults will know what to do and how to get help for you or your friends. If you don't feel comfortable talking to any of the adults, please remember we have the See Something, Say Something App/website you can use to report anonymously as well.

If you would like to see additional behavioral health resources, please visit the district Behavioral Health/SEL website. The QR code for the website as well as the See Something, Say Something website are below:

Behavioral Health Website:



See Something, Say Something



ATTENTION ATHLETES!!



Please make sure you are eligible to participate in your chosen sport by maintaining daily attendance and required GPA! Eligibility also involves obtaining your sports physical, uploading the medical eligibility form into Rank 1, and completing the concussion training.

For more information or forms, please see Ms. Lucero or Ms. Armstrong in the Athletics Office.