

Hope Academy of NWA

Strive for progress, not perfection

QUOTES TO REMIND CHILD

“No one is you and that is your superpower.”

REMINDERS

Drop off: 7:30-8:00AM

Pick Up: 2:50-3:15PM

*Please keep your child in the car until we come out at 7:30AM for safety- we want to make sure our staff is able to enter the building so they can prepare for the day before we welcome them inside

*Thanksgiving Break (no school)- November 21-25, 2022

*Monthly, we have a fire drill. Make sure your child knows what the plan is at your house if there is a fire and the importance of sticking together

Children cannot act differently until they are seen differently

The Vagus Nerve: Secret Weapon to Fighting Stress

Have you heard of Fight or Flight: Fight or Flight is activated once we have high or sudden stress and can affect your physical or mental health. When stress arises in our day to day life, we cannot always run or hide. Thankfully, our bodies can assist with decreasing our fight or flight response. The Vagus Nerve system acts to counterbalance. The vagus nerve is a major part of how our bodies and brains function; without it, our bodies wouldn't be able to do basic tasks, and by stimulating it we can receive powerful health benefits.

How to have Healthy Vagus Nerve Function: Breath slowly, deep from the belly and exhale longer than you inhale.

Stimulating the Vagus Nerve:

- Loud gargling with water- activates our vocal cords
- Loud singing- activates our vocal cords
- Straw blowing- forcefully blow through a straw
- Cold Water Face Immersion- decreases heart rate and turns on immune system
- Laughter- having a good laugh that lifts your mood

We don't always have to let stressful situations negatively affect our minds and bodies. WE can stimulate our vagus nerve to send a message to our bodies that it's time to relax and de-stress, which leads to long-term improvements in mood, pain management, wellbeing and resilience.

(From: Allied Services Integrated Health System Website)