

LMACS Health and Wellness Update



To The LMACS Community, Some Final Thoughts As We Head Into The Summer:

As we close out the academic year and enter the summer months, we encourage the LMACS Community to continue with their Mindfulness practice. A quick reminder - Mindfulness means becoming more aware in the present moment, without judgement. It allows you to be more connected to your surroundings, including your body, thoughts, and feelings. To help with this, we thought it would be fun if everyone created a *Mindfulness Bucket List* for the Summer.

Here is an example:

Mindfulness Bucket List

- Start a Gratitude Journal
- Go for a Walk without music to Observe and Appreciate your Surroundings
- Eat one Meal a Day Mindfully
- Watch a Sunrise or Sunset
- Engage in Art
- Choose a Daily Positive Affirmation
- Do a Daily Body Scan
- Elect one day of the week Social Media Free
- Perform Random Acts of Kindness

Healthy reminders:

- Get the right amount of sleep
- Eat plenty of fruits and vegetables
- Drink water
- Exercise
- Get outside
- Be kind to others
- Be good to yourself

Below is the new schedule for the summer lunch (and breakfast) program:

LOWELL PUBLIC SCHOOLS
Summer Eats Starts June 16th

STEM Academy Monday through Friday
11:00-1:00

Greenhalge M-W-F
11:00-11:30

Westminster Apartments M-W-F
11:45-12:15

Morey M-W-F
12:00-12:30

Murkland M-W-F
12:00-12:30

Lincoln M-W-F
12:45-1:15

*Mon and Wed students will receive
2 breakfasts and 2 lunches
*Friday students will receive meals for the weekend days

Stay safe, stay healthy, and stay strong this summer.

-The Health and Wellness Team