

Calvary Baptist Church

Announcements (Continued 08/23/2026)

National Wellness Month is observed every August.

The 5 pillars of wellness commonly refer to **nutrition, exercise (movement), sleep, mental well-being (mindfulness/stress management),** and **social connection**. Balancing these core areas helps your body and mind stay healthy.

Nutrition: Eat a mix of whole foods like fruits, vegetables, lean proteins, and whole grains. Drink plenty of water to keep your body working right. Limit processed foods and extra sugars.

Exercise: Move your body regularly through walking, running, stretching, or lifting weights. Aim for at least 150 minutes of moderate activity each week. Find physical activities you enjoy so you stick with them.

Sleep: Get 7 to 9 hours of quality rest every night. Go to bed and wake up at the same time every day. Keep your room dark, quiet, and cool for better sleep.

Mental Well-being: Manage stress with deep breathing or quiet time. Take breaks to clear your mind and find your inner calm. Ask for help from a professional if you feel overwhelmed.

Social Connection: Spend time with family, friends, and your local community. Build strong, supportive relationships that make you feel like you belong. Openly with people you trust when you face hard times.

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Yes, August is officially recognized as National Back to School Month. Observed since the 1960s, it serves as a dedicated time for students, parents, teachers, and school staff to prepare mentally, physically, and logistically for the upcoming academic year.

Key Activities and Goals

- **Shopping:** Purchasing required school supplies, backpacks, and new clothes.
- **Health:** Scheduling checkups and updating vaccines.
- **Routine Adjustment:** Transitioning children back to earlier bedtimes and structured daily schedules.
- **Safety Awareness:** Reviewing walking, biking, and bus safety rules with students.
- **Mental Preparation:** Easing anxieties and building excitement for new classrooms and routines.