



# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

# ***HEALTHY MONDAY'S TOOL KIT: MAY 2025***



900 Bloomfield Avenue  
Verona, NJ 07044

# Mother's Day

Sunday, May 11th, 2025

## Thank You, Moms – The Heart of Our Health

This Healthy Monday, we want to take a special moment to recognize and celebrate all the incredible mothers who play such a vital role in keeping their families and communities healthy. Whether it's preparing nutritious meals, scheduling doctor's appointments, offering comforting words during tough times, or simply modeling healthy habits, mothers are often the quiet heroes behind our well-being.

Thank you, mothers, for your tireless love, your strength, and your unwavering care. You remind us every day that health starts at home—with compassion, dedication, and a whole lot of heart.

We appreciate you today and every day.

***Thank you for keeping us healthy in all the ways that matter most.***



# TABLE OF CONTENTS

---

<b>What is Healthy Monday's?</b> .....	<b>3</b>
<b><u>Lesson 1: The Power of Routine</u></b> .....	<b>4</b>
<b>Ready, Set, Routine! Flyer for Grades K-5</b> .....	<b>6</b>
<b>CONSISTENCY = CONFIDENCE Flyer for Grades 6-12</b> .....	<b>7</b>
<b><u>Lesson 2: Managing End of The Year Stress</u></b> .....	<b>8</b>
<b>STAY STRONG! Flyer for Grades K-5</b> .....	<b>9</b>
<b>Beat School Stress! Flyer for Grades 6-12</b> .....	<b>10</b>
<b><u>Lesson 3: Organize to Energize</u></b> .....	<b>11</b>
<b>Clear the Clutter! Flyer for Grades K-5</b> .....	<b>12</b>
<b>Clear It. Sort It. Power Up. Flyer for Grades 6-12</b> .....	<b>13</b>
<b><u>Lesson 4: Healthy Goals for the Break</u></b> .....	<b>14</b>
<b>Get Set for Summer! Flyer for Grades K-5</b> .....	<b>15</b>
<b>Reset Before Break Flyer for Grades 6-12</b> .....	<b>16</b>

---



## WHAT IS THE HEALTHY MONDAY CAMPAIGN?

---



Even though we are encouraged to stay healthy every day. The healthy Monday campaign is Healthy Monday, a public health initiative that encourages individuals and organizations to commit to healthy behaviors every Monday to help prevent chronic diseases.

From the Essex County, Healthy Monday will focus on children and their parent and providing them with a toolkit every Monday that will focus on a different topics per month that are pertinent to children from K-12.

Welcome to the Essex County Healthy Monday Campaign for the month of May with healthy habits for the end of the school year being the main topic.

# LESSON 01: THE POWER OF ROUTINE

---

## The Power of Routine for K–5th Grade

For younger children, routines are more than just schedules—they're the building blocks of security and healthy development. When kids in kindergarten through fifth grade know what to expect, it reduces anxiety and helps them feel safe and supported. Whether it's a morning routine that includes a healthy breakfast and some movement, or a structured bedtime with a story and quiet time, predictable patterns help children stay grounded and emotionally regulated. These routines also ease transitions, making it easier to go from playtime to cleanup, or from school to homework.

In addition to creating emotional stability, routines in this age group are key to forming healthy habits early. Young children are learning how to care for their bodies and minds, and consistent practices like regular handwashing, active play, and balanced meals build a strong foundation for lifelong well-being. At home and in the classroom, teachers and parents can turn routines into positive experiences by adding songs, visuals, or small rewards. These moments not only support physical health but also reinforce skills like responsibility, cooperation, and independence.

# **LESSON 01: THE POWER OF ROUTINE**

---

## **The Power of Routine for 6th–12th Grade**

As children grow into adolescence, routines become just as important—but in different ways. For middle and high schoolers, a consistent routine helps manage the increasing demands of school, extracurriculars, and social life. Teens are navigating more complex schedules and responsibilities, and without healthy structure, stress and burnout can easily take hold. A well-planned routine can include time for homework, physical activity, meals, and rest, helping teens stay focused, organized, and mentally balanced.

Routines during these years also support healthy decision-making and personal growth. Adolescents are gaining more independence, and daily structure offers a reliable framework that encourages accountability. When teens participate in creating their own routines, they're more likely to stick with them—especially when those routines include time for self-care, screen limits, and regular sleep. For educators and caregivers, encouraging reflection and consistency can empower teens to take charge of their well-being and build habits that will serve them into adulthood.



# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## Ready, Set, Routine!

Small steps every day = BIG power over time!

*Stick to your routine and watch yourself grow stronger, smarter, and happier.*



### Why Routines Rock 🌟

- **Makes Life Easier:** When you know what's next, you can relax and enjoy the fun parts.
- **Boosts Brain Power:** Doing things in the same order helps your brain remember and learn faster.
- **Healthy Habits Happen:** Regular sleep, meals, play, and study time keep your body strong and mind sharp.
- **Super-Hero Confidence:** Checking items off your routine list feels awesome—like leveling up in a game!



Joseph N. DiVincenzo, Jr., *Essex County Executive*  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
*Putting Essex County's Health First*





# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## CONSISTENCY = CONFIDENCE

### Why Routine Still Matters

- Brain Gains: Regular study-sleep-exercise cycles boost memory and focus.
- Stress Shield: Predictable habits lower anxiety—especially during tests & try-outs.
- Self-Respect: Showing up on time (even for yourself) builds the reputation you want.



### QUICK SELF-CHECK

- Moved my body ≥ 30 min
- Ate 3 colors\*
- Reviewed notes
- Drank 8 glasses water
- Screen-off 30 min before bed

\* - The concept of consuming a variety of colored fruits and vegetables, aiming for at least three different colors in each meal or snack.



Joseph N. DiVincenzo, Jr., *Essex County Executive*  
 The Board of County Commissioners  
 The Essex County Office of Public Health Management  
*Putting Essex County's Health First*



# **LESSON 02: MANAGING END OF THE YEAR STRESS**

---

## **Managing End-of-Year Stress: K–5th Grade**

As the school year wraps up, younger kids may feel overwhelmed by changes in routines, classroom activities, and the anticipation of summer. Keeping consistent daily patterns and offering lots of reassurance can ease their stress. Simple things like regular bedtime routines or after-school wind-down time help them feel secure. To manage emotions, kids need outlets—movement, play, and quiet time all help. Parents and teachers can use tools like breathing exercises, creative projects, or calming activities to support emotional balance. Most of all, remind them it's okay to feel a mix of emotions and that you're there to help.

## **Managing End-of-Year Stress: 6th–12th Grade**

Older students often face mounting pressure from finals, projects, and transitions. This can lead to stress and burnout. Supporting teens means encouraging balance—helping them manage their time, get enough sleep, and take mental breaks. Teens also benefit from learning their own stress-coping strategies, like journaling or physical activity. At home and school, creating space for reflection and calm can help them end the year with confidence and a sense of accomplishment.



# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## STAY STRONG!

*Big feelings are normal. Let's learn how to handle them like a superhero!*

The end of the school year can be super exciting... but also a little stressy-messy. You might feel:

- Butterflies in your belly
- Wiggly or fidgety
- Worried about tests
- Sad about saying goodbye to your teacher or friends

***Guess what? That's totally normal! Everyone feels that way sometimes even grown-ups!***



**💡 Try These Power Moves When You're Feeling Big Feelings:**

★ **Take 3 Balloon Breaths:** *Close your eyes, breathe in slowly and puff up your belly like a balloon... then sloooowly blow the air out. Try it 3 times. It's like magic for your brain!*

🎨 **Draw Your Feelings:** *Can't say what you're feeling? Grab some crayons and show it with colors. A red squiggle? Maybe that's frustration! A blue wave? Maybe that's calm.*

🌳 **Go Outside:** *Sunshine, breeze, and trees help your body feel strong and calm. Play tag, look for clouds, or stretch tall like a tree.*



Joseph N. DiVincenzo, Jr., Essex County Executive  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
*Putting Essex County's Health First*





# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## BEAT SCHOOL STRESS!

### Quick Stress Busters:



- Listen to music you love
- Move for 10 minutes
- Journal one worry + let it go
- Break big tasks into steps
- Sleep = power! 8-10 hours matters
- Take breaks from screens



### Need Help?

Talk to a teacher, counselor, or trusted adult. You're not alone.



### Make Monday Your Reset Day! Small steps = Big wins 🏆



Joseph N. DiVincenzo, Jr., *Essex County Executive*  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
*Putting Essex County's Health First*



# LESSON 03: ORGANIZE TO ENERGIZE

---

## Organizing to Energize: K–5th Grade

Young children thrive when their environment is neat and their routines are clear. A tidy space—whether it’s a desk, backpack, or classroom—can help reduce distractions and boost focus. Teaching kids simple habits like cleaning up after an activity or setting out clothes the night before can make mornings smoother and more energizing.

Visual aids like checklists or labeled bins make organizing fun and age-appropriate. When kids feel a sense of order, they’re more confident, calm, and ready to take on the day—whether it's learning in class or playing at recess.

## Organizing to Energize: 6th–12th Grade

For tweens and teens, staying organized is a key part of managing responsibilities and reducing stress. Keeping track of assignments, using planners or apps, and creating a clean study space can help students feel more in control and less overwhelmed.

Organization also fuels motivation. When teens know where things are and what needs to be done, they can focus better and accomplish tasks more efficiently—leaving more time and energy for hobbies, rest, and fun.



# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## Clear the Clutter!

**Too much stuff = Too much stress!**



**Try This on Mondays:**

- Clean out your desk or cubby
- Toss old papers (recycle!)
- Put toys and books where they belong
- Help a friend clean up, too

**Make Monday a fresh start!  
Clean space, happy brain!**



Joseph N. DiVincenzo, Jr., *Essex County Executive*  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
*Putting Essex County's Health First*





# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

Clear It. Sort It. Power Up.

## Quick Reality Check

- Feeling drained?
- Mess = stress.
- It's not just your room—it's your headspace.



## 3-MIN MONDAY MOVE

- Clean your desk or backpack
- Sort notes & folders
- Delete 10+ useless files/photos
- Toss trash, keep what fuels you



## WHY IT MATTERS

- More focus
- Less anxiety
- Room to think
- Energy boost



Joseph N. DiVincenzo, Jr., *Essex County Executive*  
 The Board of County Commissioners  
 The Essex County Office of Public Health Management  
*Putting Essex County's Health First*



# **LESSON 04: HEALTHY GOALS FOR THE BREAK**

---

## **Healthy Summer Goals: K–5th Grade**

Summer is the perfect time to set simple, fun goals that keep kids active, curious, and healthy. Whether it's trying a new fruit each week, reading a book series, or learning to ride a bike, small goals help kids stay engaged and feel proud of their progress.

Parents and teachers can guide kids in setting realistic goals with a mix of movement, learning, and rest. Making a colorful goal chart or “summer bucket list” can turn healthy habits into a playful and motivating adventure.

## **Healthy Summer Goals: 6th–12th Grade**

Older students can use summer to reset and focus on personal growth. Encourage goals that mix wellness with purpose—like starting a workout routine, volunteering, journaling, or learning a new skill. These keep teens active and inspired during the break.

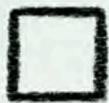
Let teens take the lead in setting their own goals, then support them with encouragement and structure. Healthy summer goals can help them stay motivated, balanced, and ready for the school year ahead.



# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## Get Set for Summer!

### MONDAY MINI-GOALS



#### Sun Time

Play outside every day



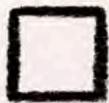
#### Snack Smart

Pick a fruit first



#### Read for Fun

Books count—even comics!



#### Keep Moving

Run, ride, or dance



*Start summer strong—every Monday is a fresh start!*



Joseph N. DiVincenzo, Jr., *Essex County Executive*  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
*Putting Essex County's Health First*





# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

# Reset Before Break

 MONDAY = Plan Your Summer Energy



## Set One Big Goal

Something for your body, mind, or skill  
(examples: walk more, learn something new, start journaling)



## Build a Healthy Habit

Smoothie instead of soda?  
Sleep by midnight?



## Reset Your Mind

- Clear clutter
- Log off sometimes
- Try 5 min of chill time



## Stay Connected In Real Life

Make time for real people—not just your phone



## Do One Thing Just for You

Paint. Read. Cook. Build. Move.



Joseph N. DiVincenzo, Jr., *Essex County Executive*  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
*Putting Essex County's Health First*

