



Greetings Health Science educators,

I pray all of you are safe and well. What a whirlwind of change we have experienced together as educators, healthcare professionals, parents, children and everything in between. I know I have been communicating more than ever with you; however, that is exactly what is needed right now. Connection! Connection for support, reassurance and prayer.

I always am concerned for your health and the health of your students. I know we are working from home, but a new stress has emerged. Now more than ever, you need to take care of yourself. Try and share these tips:

1. Rest — Try to get sleep. I know your mind is in overdrive thinking of how you will present your next remote lesson or skill. Rest ... the ideas will be there fresher than ever when you approach with a clear, rested mind.
2. Eat Healthy — Having home food accessible can be a danger because our favorite home foods are within easy reach. I don't know about you, but I never carried any fun stuff in my lunch box. Now I either want to eat some snacks, or I go through points that I am working and forget to eat. Please make time to eat healthy foods, limit the fun stuff like cookies ... as tempting as that may be. My colleagues had me laughing; Everyone seems to be baking as an activity. While a great activity, try to limit your baked goods and remember fruit and veggies! Wash your fruits and veggies first!
3. Hydrate — When in the classroom, I seemed to be drinking more water and moving more. Set a plan each day to drink three to six bottles of water. Your brain needs hydration to think!
4. Exercise — The first few days of my stay-at-home lifestyle, I realized I sat almost all day. My fitbit showed about 2,000 steps. I generally had 10,000 to 15,000 by 2:00 p.m. daily. Get up and move, take a break and walk ... social distance of course, but walk. Your heart and circulatory system will thank you.
5. Eye rest — We are spending so much time on the computer; you need to rest those "peepers." You can download a Google extension to remind you to rest your eyes. You need to look away from that screen and follow the **20-20-20 rule**. Spending long periods looking at computer, phone or tablet screens can strain the eyes. Using the 20-20-20 rule can help to prevent this problem. The **rule** says that for every **20** minutes spent looking at

a screen, a person should look at something **20** feet away for **20** seconds. (Visit the [Google Eye Care extension](#).)

Resources:

ACTE has resources available on the website. Please continue to connect often to the website. These resources are updated as we learn of more materials that are available. [Division webinars](#) are available through recording and live.

Check out our health science partners' websites for FREE resources, lessons, and more: National Health Science Consortium, HOSA, Goodheart Wilcox, Reality works, Cengage, and more. [Full list is available on the ACTE site](#).

Questions

[Dear Linda Blog](#) is now available for answers to questions of any kind from remote learning to new teacher support.

You may also [email me](#) directly for immediate questions, and I generally answer quickly. These days, we are sharing our lives with technology, so count on a quick response

Award/Scholarships

The Catherine B Junge Scholarship deadline is approaching fast: portal closes **April 30**. Please submit your entry ASAP. [Visit ACTE to submit your nomination](#).

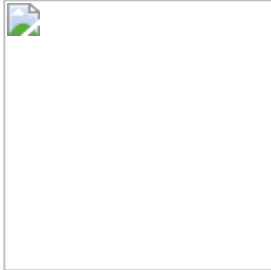
Professional Development

ACTE has many professional development opportunities, webinars and more. Please connect using the [website](#), and keep up with your own professional development.

I am here whenever you need, literally! Just shoot me an email, I will share lessons, Zoom meet, and help you any way I can. You are not alone. We are all learning together.

Call for Nominations

I sadly am reaching the end of my service as vice president of the Health Science Education Division. If you (or someone you know) are interested in serving, please [submit your nomination](#) by **June 15**.



You are in my thoughts and prayers.

With love and gratitude,

[Linda Romano](#)

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