



Employee Wellness Newsletter

APRIL 2024

Autism Awareness Month

What is Autism?

- Autism Spectrum Disorder (ASD) is a broad developmental disability that can cause significant social, communication, and behavioral challenges.

Show Support by educating students about Autism & by pledging to be fearless for difference and inclusion!

Together, we will create an environment where every student feels valued, accepted, and empowered to thrive.

For more information, visit <https://www.autismspeaks.org>

Autism Facts

- 1 in 36 children has been identified with ASD
- Can occur in all racial, ethnic, and socioeconomic groups
- More than 2/3 of autistic students experience bullying.

Hydration

It's getting hotter, so let's remember to stay hydrated!

Recommended daily water intake

Adult males: 3 liters (about 13 cups)

Adult females: 2 liters (about 9 cups)

Kids & Teens: about 6-8 cups

But remember!

It also depends on the weather and your health! For example, if you're pregnant/ breastfeeding/ exercising or if you're outside on a hot day, you may need to drink more water.

OR if you have a condition (like heart failure or a particular type of kidney disease) you may need to limit your fluid intake.

Talk to your doctor about what's right for you!

Some symptoms of dehydration

- Peeing less than usual
- Dark yellow, strong-smelling pee
- Dizziness or lightheadedness
- Feeling tired
- Dry mouth, lips, & tongue

Some Risks of dehydration

- Heat Injury
- Constipation
- Seizures
- Brain Damage
- Kidney Problems
- Death

For more information, visit <https://www.nhs.uk/conditions/dehydration/>

We're almost done with the school year. Lets finish strong!



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