



HEALTH MATTERS



September 2017

Volume 2, Number 1

Welcome back to school!!

We hope everyone had a healthy start to the school year.

⌘ We're introducing an e-newsletter ⌘

This will help us save some paper and allow us to include lots of useful wellness information.

⌘ We're hosting a monthly class raffle ⌘

To encourage participation this year, the class that submits the most "Your Turn" activities each month will win: the coveted *Golden Apple Award*, and their class picture will be featured on the website.

⌘ We've partnered with The Natural Kitchen for our monthly recipe ⌘

Susan Garth, has agreed to provide our monthly recipe. You can visit her at thenaturalkitchen.wordpress.com

Students will receive a $\frac{1}{2}$ sheet "Your Turn" Activity each month. The flip side of this $\frac{1}{2}$ sheet will include a brief description of what's in each issue as well as a QR code you can scan to view the e-newsletter. Free QR readers are available for both Apple and Android devices through the app store.

In this Month's Issue

September is National Childhood Obesity Prevention Month!

- ⌘ Our "Pack a Snack" Healthy Snack List (pages 2-3)
- ⌘ Reimagining Classroom Celebrations (page 4)
- ⌘ The Natural Kitchen Recipe of the Month (page 5)
- ⌘ "Your Turn" Activity for Students (page 6)
- ⌘ Mark Your Calendars (page 7)

If you have any questions or comments, contact me at jmead@whufsd.org

Pack a Snack:

Fueling Healthy Learners at School

Our school is committed to the developing a culture of health and wellness for our students and staff. Students need nutritious snacks to help them grow, stay healthy, and learn to the best of their ability. We strive to encourage healthy eating, and to protect the safety and health of all our students. Please use the suggestions below to help plan and choose healthy snacks.

General Recommendations:

Find foods without labels! Whole foods like fruit and vegetables don't come wrapped up with a label but they do come fully stocked with fiber, vitamins, and minerals.

Whole-y Energy! Choose whole grain foods that provide long-lasting energy and fiber, like popcorn. Brands like Skinny Pop, Buddha Bowl and Indianna Popcorn have only three ingredients in their labels with no extra preservatives, chemicals or substitutions.

Less is More! When choosing processed foods, look for labels with five or fewer recognizable ingredients. They are more likely to be nutritious choices.



Healthy Schools



Specific Suggestions:

Simple & Healthy	Fancy & Fun
<p><u>Fruit:</u> Grapes, Apples, Oranges, Clementines, Bananas, Berries, Pears, Pineapple, Melon <i>(Quick Tip: Buy big bags of frozen fruit and pack individual servings for snacks, or freeze an individual serving of crushed pineapple. The fruit will likely thaw by snack time, but if not, can be a great way to cool off on hot days).</i></p> <p><u>Vegetables:</u> Carrots, Celery, Sugar Snap Peas, Sliced Bell Peppers, Cucumbers</p>	<p><u>Smoothies:</u> Make your favorite smoothie and freeze it in individual containers. Send it to school with a spoon for some tasty "shaved ice."</p> <p><u>Dips:</u> Send a healthy whole grain snack with an individual serving of your favorite hummus, Sunbutter, salsa or bruschettas (Try DeLallo)</p> <p><u>Mixes:</u> Mix together unsweetened dried fruit, popcorn, whole grain cereal, mini-Triscuits, sunflower and pumpkin seeds</p>
Processed Foods that Pass the Test	Additional Considerations
<p><u>Whole Grains:</u> Popcorn (try the brands listed above), Tortilla Chips (try Late July), Crackers (try Triscuits Originals), Low Sugar, Whole Grain Cereals (try Kashi Cinnamon Harvest or Organic Toasted Oats)</p> <p><u>Fruit:</u> Dried Fruit (without added sugars, like raisins and apricots), Unsweetened Applesauce (try Vermont Village or Mott's Organic), Pressed Fruit Bars without added sugars (try Pressed by Kind or That's It Bars)</p>	<p><u>Allergies:</u> In an effort to keep all of our students safe, please pack nut-free snacks for classrooms.</p> <p><u>Keep it Cool:</u> Consider getting a small insulated container and ice packs for snacks that need to be kept cold. If you're unsure if something will keep for the duration of the school day, choose a snack that doesn't need refrigeration.</p> <p><u>Go Green:</u> Rather than buying more expensive single serve packages, consider buying larger packages and using reusable containers to pack snacks.</p>

Thank you for your cooperation in helping us to become a healthier school as we strive to bring good nutrition to the forefront.

Reimagining Classroom Celebrations

Birthdays and holidays provide memorable experiences at home and at school. Unfortunately, they also too often provide loads of empty calories, that ultimately can distract children from the true purpose of the celebration and make it difficult to refocus when it's time to get back to learning. Here are some healthy suggestions to consider when helping to organize a classroom party or when planning a birthday treat for your child to share with friends at school.

Make 'em Move:

Talk to the classroom teacher about the possibility of sending in games like TWISTER, adding 5-10 special birthday minutes to recess, sending in some favorite tunes for a dance party or a fun & quick outdoor scavenger hunt. Check out [Playworks](#). They have a game library with lots of fun easy ideas.

Make Healthy Happy:

Cupcakes are great but if we all send them in for our children's birthday, our children will be eating cupcakes 2 out of every 3 weeks (not to mention the sweets we give them at home). The reality is most kids do better at school without all the junk. Click [here](#) to learn more. Try any of these treats as an alternative. You'll be keeping everyone's kids healthier, and probably will save yourself some money too. I shopped around Hannaford last spring & here's what I found.

Instead of spending \$21.98 on Pull-Apart Chocolate Cake for 20+ students, you could spend \$20.52 to give each student a fruit cup & one cup of popcorn (or a lot less if you pop it yourself).



Instead of spending \$14.97 on cupcakes for 20+ students, you could spend \$12.38 to give each cup a [mini-frozen pineapple sorbet](#) & one cup of popcorn.

With about \$8.00, you could buy enough frosted sugar cookies for 20+ students to each have one, or you could buy grapes, skewers and pretzels so each student could have this...



With that same \$8.00, you could buy mini-cupcakes for 20+ students or you could buy clementines and popcorn.

The Natural Kitchen

Recipe of the Month



Breakfast (or Dinner) Quesadilla

Parents, we love this homemade breakfast not only because it's quick and tasty, it's also perfect fuel for the brain and the body to start off a busy day at school!

Got more than one kid to feed? Use a large skillet and make 2 or 3 at once!

Serves 1

- 1 large egg
- butter or ghee (olive or avocado oil if you're dairy-free)
- pinch of salt
- sharp cheddar cheese (or a dairy-free substitute, or leave it out)
- 2 smaller taco-sized soft tortillas (we like Siete brand, they are grain-free, gluten-free and delicious!)
- fresh avocado or guacamole
- your favorite salsa

1. Crack the egg in a small bowl, add a pinch of salt, and use a fork to mix it up well
2. In a small cast iron or non-stick skillet heat the butter, ghee or oil over medium heat
3. Scramble the egg until just cooked throughout
4. Transfer egg to your plate
5. Gently rinse and wipe out skillet
6. Place the skillet over medium heat again, when skillet is hot add a tortilla with a couple slices of sharp cheddar, top with the cooked scrambled egg and the second tortilla
7. When cheese is melted and bottom tortilla is lightly toasted use a large flexible spatula to gently turn the whole "sandwich" over to let the second tortilla toast up for a minute.
8. Transfer the quesadilla to a cutting board, cut in half, and serve with salsa and sliced avocado or guacamole.

Your Turn

This month you can help your class win the *Golden Apple Award*, and get your picture on the website. Here's what you have to do...

Use your creativity and imagination to reinvent the birthday treat.

Here are the rules. Your new & improved birthday treat must be:

- Y Something that could be shared & enjoyed by all of your classmates
- Y Something that would take 5-15 minutes to eat or do
- Y Something that would help keep everyone healthy

In the box below, describe or draw your birthday treat & remember...the class that submits the most ideas...WINS!!!!

Name: _____ Teacher: _____

Mark Your Calendars

Mindfulness Series for Kids September 16th 1:30-2:30pm



Join pediatrician and wellness coach, Dr. Vijaya Gandham, for a fun interactive class connecting mind and body. Learn fun ways to move your body, increase your energy through breath, and use self help tools to calm the mind. Children ages 7+ and parents can join! This class is open to the public. Bring a water bottle and wear comfortable clothes. 100% of proceeds will be donated to the local chapter of the Make a Wish Foundation. To sign up or for questions, email icortez@communitycare.com or call (518) 371-5437.



Saratoga Springs Peace Week: Kindness Rocks September 23rd 10:00am

Where learning and play
go hand in hand.

For families with children 3 and up, drop-in. Free with museum admission. Celebrate Saratoga Springs Peace Week with The Children's Museum as we create this peace-themed project. What are Kindness Rocks and where did they come from? The Kindness Rocks Project, is a national movement that encourages people to decorate rocks with inspirational messages and leave them in random public places for people to find.

Rocks will be provided, but we encourage all participants to bring their own special rocks with them.

Unity Day October 25th

Make it **ORANGE** and make it end! What are your true colors when it comes to bullying? If you care about safe and supportive schools and communities make your color **ORANGE** on Unity Day. That's the day everyone can come together - in schools, communities, and online - and send one large **ORANGE** message of support, hope, and unity to show that we are together against bullying and united for kindness, acceptance and inclusion.

