

MSAD 59's Wellness Corner

October: Healthy Celebrations

The policy says:

"The District encourages: Nutritious foods to be served at classroom parties, celebrations and school sponsored events (including booster clubs) and unhealthy choices will be limited. Parents to provide daily healthy snacks from home and food for classroom parties or events."

Did you Know:

"Free/reduced lunch forms can be filled out any time there is an income change. Not just at the beginning of the school year. Having these forms filled out accurately from all parents (regardless of need) helps school nutrition program feed more kids and receive more funding."

Move More Kids Program ***Physical Activity Opportunities*** ***For MSAD 59***

Intro to Mountain Biking

Friday, October 15th, 2:00 PM - 4:00 PM
Main Street Skowhegan
48 Court Street, Skowhegan
Please preregister for program here:
<https://app.donorview.com/o4gOR>



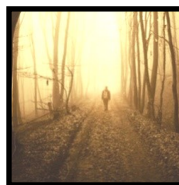
Outdoor Meditation with Mara

10:00 AM - 11:00 AM
Tuesday, October 19th & 26th
Coburn Park, Skowhegan
(Program Max: 20)



Spooky Twilight Hike

October 31st at 5:00 PM - 7:00 PM
Lake George Regional Park East
Please preregister for program here:
<https://app.donorview.com/XrLrA>



The month of October produce is a Core Fruit: **PEAR**

Fall Vegetable Salad

Ingredients:

- ¾ cup barley, whole grain couscous, or quinoa
- 1 medium bulb fennel
- 1 bunch hearty greens, such as kale, chard, collard greens or beet greens
- 1 small beet
- **1 medium pear**
- 1 clove garlic
- ½ cup nuts or seeds, (pecans, almonds, walnuts)
- 1 medium lemon
- ¼ cup cider vinegar
- 1 Tablespoon Dijon mustard
- ¼ cup canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

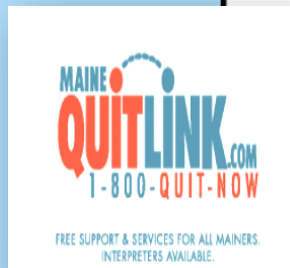


Instructions:

1. Cook grains following package directions. Put in large bowl to cool.
2. Rinse fennel, greens, beet and **pear**.
3. Cut long stalks and fronds off fennel. Cut out core, slice thin.
4. Remove stems from greens, slice thin.
5. Peel and cut beet & **pear** into ¼" cubes.
6. Peel and mince garlic.
7. Crumble cheese or cut into ¼" cubes (Optional)
8. In a small skillet over medium-low heat, add nuts or seeds Cook until fragrant, 3-5 minutes. Transfer to a small bowl to cool.
9. Rinse lemon, cut in half. Squeeze juice in a small bowl, discard seeds.
10. Add vinegar, minced garlic and mustard to lemon juice. Whisk with a fork to combine. Slowly drizzle in oil, whisk, add salt and pepper.
11. When grains are cool, add fennel, greens, beet and **pear**. Drizzle with dressing and toss to combine. Sprinkle with the toasted nuts and cheese, if using.



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The tobacco prevention educational resources provided to schools by Somerset Public Health include:

- ♦ Tobacco / Vaping Prevention Presentations
- ♦ Alternatives to Suspension for Student Violations of Smoke Free Policy
- ♦ Sidekicks, Tar Wars, and other Interactive Learning

SECONDHAND SMOKE

is the tobacco smoke exhaled by a smoker or from a burning tobacco product.



Secondhand smoke contains thousands of **chemicals**, at least 69 are known to cause **cancer**.



There is no safe level of **exposure** to secondhand smoke.



Brief exposure to secondhand smoke causes **damage** that is known to cause illness and **cancer**.



Using ventilation systems, or opening a window does not eliminate the **harmful effects** of secondhand smoke.



Children exposed to secondhand smoke are a higher risk for **health issues**.



Pets that breathe secondhand smoke are more likely to develop **cancer**.

IF YOU SMOKE: Protect your family, friends and coworkers by keeping your home and car smoke-free.

BREATHE EASY
REDUCING SMOKE EXPOSURE IN MAINE

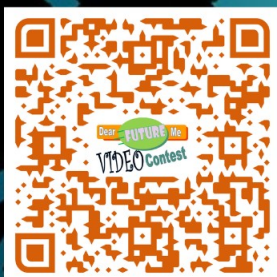


Learn more at: BreatheEasyMaine.org



Dear **FUTURE** Me

Scan for prize list,
official rules, and entry
forms



VIDEO contest

Make a video for your future self about how you're
**living your best life without
drugs/alcohol**
and you could **WIN!**
Enter by October 25, 2021