

MSAD 59's Wellness Corner

November: Sugar Sweetened Beverages

The policy says:

"Healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Nutritious foods to be served at classroom parties and school sponsored events (including booster clubs). If non-nutritious foods are served, there must be healthy alternatives available."

Attention all families:

Please take this 5 minute survey from The Barbara Bush Children's Hospital. Even if you completed the survey last year, we need your participation again!

Everyone who completes the survey will be entered into a prize drawing and five lucky winners across the state will each receive a \$100 Amazon gift card for their personal use AND if you win, our school will receive \$1,000.

Other schools are participating, so the more families from our school who complete the survey, the greater our chance of winning \$1,000!

Contact information for the prize drawing will be collected at the end of the survey and will not be connected to your survey responses. All survey responses are anonymous.

Use the link below or scan the QR code to begin the survey.

Let's Go! is conducting our annual brief survey with the families of our partner schools and we need your help to reach them! The survey is about awareness and knowledge of Let's Go! and 5-2-1-0.

We will keep the survey open for four weeks from Tuesday, October 12, 2021 through Friday, November 5, 2021.

<https://www.surveymonkey.com/r/2021FamilySCHSomerset>

Thank you!



The month of November produce is a flower Vegetable: Cauliflower

Baked Cauliflower Tots

Ingredients:

- 2 cups grated or finely chopped cauliflower
- 1 egg
- 3 Tablespoons flour
- ¼ cup grated cheddar cheese
- ¼ teaspoon salt



Instructions:

- Preheat the oven to 400 degrees F.
- Lightly grease a baking sheet.
- In a medium bowl, combine all ingredients and mix well.
- Press mixture together to make about 15 small balls or logs and put them on the baking sheet with space between each one.
- Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.

Move More Kids Program

Physical Activity Opportunities For MSAD 59

Balgooyen Trails Stroll At Wilder Hill

Sunday, November 14, 2021
12:00 PM - 1:00 PM



Outdoor Meditation with Mara

10:00 AM - 11:00 AM
Every Tuesday at Coburn Park, Skowhegan



Skowhegan Adventure Guide Contest

Date: Starts Sunday November 21 - 28, 2021

Time: All day, week long event

Location: Main Street Skowhegan Office

48 Court Street, Skowhegan, Maine

For program details and COVID-19 precautions, visit skowheganoutdoors.com or facebook.com/skowheganoutdoors, 207-612-2571 (Wednesday - Friday: 9:00 AM - 4:00 PM)
Please preregister for activities to hold your spot



SUBSTANCE USE PREVENTION

THE GREAT AMERICAN SMOKEOUT

Somerset Public Health loves a quitter and is encouraging our community to commit or recommit to healthy, smoke-free lives by participating in the American Cancer Society's 46th Great American Smokeout® event on November 18, 2021

"The most important thing smokers can do to improve their health is to quit smoking cigarettes and other forms of tobacco," said Matt L'Italien, Director of Somerset Public Health. "Take this opportunity to encourage the smokers you care about to quit for good. Every try brings a smoker closer to long term success."



For FREE quitting support call
1-800-QUIT-NOW or visit
<https://mainequitlink.com/>



Somerset
Public Health

HealthySV

Kennebec

Show us how you're giving your best
@SomersetPublicHealth

*2017 Maine Parent Survey

YOU DON'T HAVE TO STOP SMOKING IN ONE DAY. START WITH DAY ONE.

Quitting smoking isn't easy. It takes time. And a plan. Let the Great American Smokeout® event on November 18 be your day to start your journey toward a smoke-free life. The American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

Learn more at cancer.org/smokeout or call 1-800-227-2345.



Attacking from every angle.™



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ANSWERING QUESTIONS ABOUT ALCOHOL

As your child becomes curious about alcohol and other drugs, he or she may turn to you for answers and advice. Use this opportunity to start an open, honest conversation about drinking and drug use, and to establish or reinforce your rules and the behavior you expect. Because some questions can be difficult to answer, it is important to be prepared

"Why is alcohol bad for me?"

Don't try to scare your child about drinking or tell him or her, "You can't handle it." Instead, tell your child that alcohol can be bad for his or her growing brain, interferes with judgment, and can make him or her sick. Underage drinking has severe consequences, including injury or death from accidents; unintended, unwanted, or unprotected sexual activity; academic problems; and drug use. Young people who drink are also more likely to have health issues such as depression and anxiety disorders. Once children hear the facts and your opinions about them, it is easier for you to make rules and enforce them.

For more information: <https://www.samhsa.gov/talk-they-hear-you/parent-resources/answering-your-childs-tough-questions>

Featuring updates from the following Somerset Public Health Programs:
Drug-Free Communities, Tobacco Use Prevention, Substance Use Prevention
Services, Pathways to Recovery, and Patient Navigator