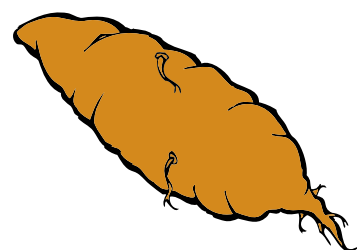




MSAD 59's Wellness Corner

December: Screen Time



The policy says:

“The schools should encourage parents to support their children’s participating in physical activities, including available before-and after-school programs.”

Did you know:



Since 2007, the U.S. dairy industry has reduced added sugars by about 55 percent in the flavored milk offered in schools. Today, all milk in schools is low-fat or fat-free, and the majority of flavored milk is 150 calories or less, with an average of 122 calories – just 25 more calories than white milk.

Move More Kids Program

Physical Activity Opportunities For MSAD 59

Outdoor Meditation
10 Main Street, Canaan
Lake George Regional Park West
10:00 AM - 11:-00 AM
Tuesday, December 7, 2021



Holiday Light Peeping Stroll
48 Court Street
Main Street Skowhegan Office
5:30 PM - 6:30 PM
Sunday, December 12, 2021



The Pinnacle Hike
10 Main Street, Canaan
Lake George Regional Park East
10:00 AM - 2:00 PM
Sunday, December 19, 2021



The month of December produce is Gourd: Winter Squash

Sweet Potato Pumpkin Soup



Ingredients:

- 1 teaspoon vegetable oil
- 1 cup chopped onion
- 1 teaspoon ground ginger
- ½ teaspoon curry powder
- ¼ teaspoon ground cumin
- ½ teaspoon ground nutmeg
- 2 cloves garlic; minced (or ½ teaspoon garlic powder)
- 2 cups sweet potatoes; peeled and cubed
- 2 cups low-sodium, nonfat chicken broth or vegetable broth
- 1 ½ cups water
- 1 can (15-ounces) pumpkin
- 1 cup nonfat or 1% milk
- 3 tablespoons low fat plain yogurt or low fat sour cream

Instructions:

- Heat oil in larger pot over medium high heat
- Add onion and sauté for 3 minutes
- Add ginger, curry, cumin, nutmeg, and garlic and cook for one minute
- Stir in the sweet potato, broth, water, and pumpkin and bring to boil. Reduce heat and simmer for 15 to 20 minutes, or until the sweet potato is soft, stirring constantly
- Stir in milk until heated through (don't boil)
- Ladle into bowls and top with ½ tablespoons low fat sour cream or low fat plain yogurt

Nutrition Facts

Serving Size 1 cup (250g)			
Servings Per Container 8			
Amount Per Serving			
Calories 90		Calories from Fat 20	
		% Daily Value*	
Total Fat 2.5g		4%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 60mg		3%	
Total Carbohydrate 16g		5%	
Dietary Fiber 4g		16%	
Sugars 6g			
Protein 4g			
Vitamin A 230%		• Vitamin C 6%	
Calcium 8%		• Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

SUBSTANCE USE PREVENTION

DECEMBER 2021

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.

"I got invited to a party. Can I go?"

Ask your child if an adult will be present at the party or if he or she thinks children will be drinking. Remind your child that even being at a party where there is underage drinking can get him or her into trouble. Use this time to reinforce your rules about alcohol and remind your children of the behavior you expect. Let them know they can say "no" or text a family member a code word if they're put in a situation that makes them uncomfortable.

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

MOST
parents in
Somerset
County
say underage
drinking is
NEVER
okay*

#GivingMyBest



 **Somerset**
Public Health
*2017 Maine Parent Survey

 **HealthySV**
Creating Healthy Communities

 **Kennebec**
BEHAVIORAL HEALTH

Show us how you're giving your best
f @SomersetPublicHealth

Dear FUTURE Me

**VIDEO
Contest**

Create a **video (no more than 2 minutes long)** to your future self, talking about how you're **living your best life without drugs/alcohol**.
Deadline for entries is **Monday, December 20**.

**PRIZES
INCLUDE**

\$50 Central Maine Family Fun Bowling Center Gift Certificate
\$25 Amazon Gift Certificate
\$60 Bankery Gift Certificate for (2) \$30 Hand-Tied Bouquets
5 Passes w/ Popcorn and Drink – Spotlight Cinema at the Strand
Family of 4 Pass with a Treat Basket – Burrows Farm & Petting Zoo
\$25 Ken's Family Restaurant Gift Certificate
\$25 PopOnOvers Gift Card
\$10 Dunkin Gift Certificate



Scan the code for complete rules, official entry form, and consent forms. FMI see your teacher or school counselor, visit @SomersetPublicHealth or @HealthySV on Facebook, or visit SomersetPublicHealth.org/dear-future-me-video-contest/

Submit completed entries to slandry@rfgh.net by 12/20/2021

 **Somerset**
Public Health

 **HealthySV**
Creating Healthy Communities



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