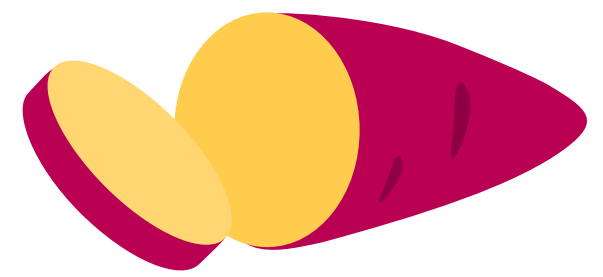


# MSAD 59's Wellness Corner

## January: Physical Activity



### The policy says:

"Schools are encouraged to use physical activity as rewards or incentives for students' behavior or performance and as an alternative to food celebrations."

### Did you know:

On average, students who eat school breakfast achieve 17.5% higher scores on standardized math tests.

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

Saturday, January 15, 2022  
11:00 AM - 1:00 PM

#### Snowshoeing

Coburn Woods

148 E Russell Road, Skowhegan, Maine



Monday, January 17, 2022  
5:00 PM - 7:00 PM

#### Full Moon Hike

Lake George Regional Park

10 Main Street, Canaan, Maine

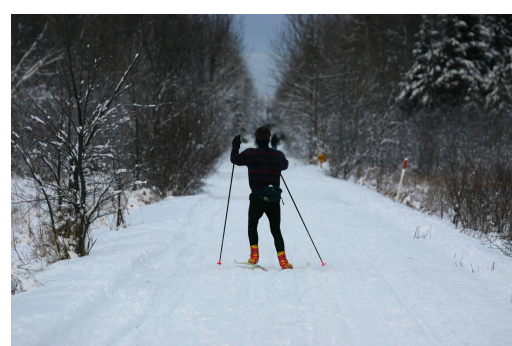


Sunday, January 30, 2022  
1:00 PM - 3:00 PM

#### Cross Country Ski Meetup

Weston Woods and Water

9 Nathan Street, Madison, Maine



### Ingredients:

- 4 **medium sweet potatoes**
- 1½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 1 Tablespoon canola oil
- Non-stick cooking spray



### Instructions:

- Preheat oven to 450 degrees F
- Scrub and rinse **sweet potatoes**. Pat dry with paper or kitchen towel
- Leaving skin on, cut **sweet potatoes** into thick french fry strips (about ½ inch wide)
- In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil, blend with fork into spice are blended
- Add **sweet potato** strips to the bowl. Toss until they are coated on all sides
- Coat a baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet
- Bake for 15 minutes. Turn fries over and back another 10-15 minutes, or until fries are tender

### Nutrition Facts

Serving Size 8-10 fries  
Servings Per Recipe 6

Amount Per Serving

**Calories** 100      **Calories from Fat** 25

% Daily Value\*

**Total Fat** 3g      **4%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 240mg      **10%**

**Total Carbohydrate** 18g      **7%**

Dietary Fiber 3g      **11%**

Sugars 4g

**Protein** 1g

Vitamin A 250%      • Vitamin C 4%

Calcium 2%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# SUBSTANCE USE PREVENTION

JANUARY 2022

## ANSWERING QUESTIONS ABOUT ALCOHOL

### “Did you drink when you were a kid?”

Don't let your past stop you from talking to your child about underage drinking. If you drank as a teenager, be honest. Acknowledge that it was risky. Make sure to emphasize that we now know even more about the risks to children who drink underage.

Consider telling your children relatable stories about making smart decisions when it comes to alcohol. These could be stories that show the consequences of engaging in risky behavior.

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



## BE A HERO

Connecting with children each day lowers the chance for them to engage in risky behavior later in life.

### 10 Small Actions You Can Take!

- 1) Read a book
- 2) Eat dinner together
- 3) Ask them questions
- 4) Manage technology
- 5) Give praise
- 6) Find 10 minutes to play
- 7) Put down your phone
- 8) Join a playgroup
- 9) Take care of you
- 10) Get support

See the Be a Hero campaign on our social!



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