

MSAD 59's Wellness Corner



April 2022 Physical Activity

The policy says:

"All students, K-12, shall have the opportunity to participate daily in either organized or unstructured physical activity."



Did you know:

1 in 6 people living in Somerset County struggle to put food on the table. Maine is one of the most food insecure states in the nation.



Move More Kids Program Physical Activity Opportunities For MSAD 59

The SPACE on the River
181 Water Street, Skowhegan
Yoga for everyone!
Monday's 10:00 AM - 11:00 AM



After School Programs for Highschoolers!
A variety of activities - Monday's & Thursday's
Skowhegan Outdoors Programming
Tuesday's 3:00 PM - 5:00 PM
Check out The SPACE on the river on Facebook.
<https://www.facebook.com/theSPACEontheriver>

River Walk
Saturday, April 2, 2022
Debe Park Trails
12 Mt. Pleasant Avenue, Skowhegan



The month of April produce is Tropical Fruit: Pineapple Pineapple Salsa

Ingredients:

- ½ ripe pineapple
- 1 small cucumber
- 2 medium green onions
- 1 medium jalapeño pepper
- 2 medium limes
- ½ teaspoon salt
- Pinch of cayenne pepper



Optional Ingredients:

- 1 medium bell pepper
- ¼ cup fresh cilantro



Instructions:

- Rinse mangoes, cucumber, green onions, jalapeño pepper, limes, and bell pepper, if using.
- Peel mangoes. Cut mango flesh from the pits.
- Cut cucumber in half lengthwise. Remove seeds. If using bell pepper, cut in half lengthwise. Remove stems and seeds.
- Dice mangoes, cucumber, and bell pepper, if using. Finely chop green onions.
- Cut jalapeño pepper in half lengthwise. Remove stems and seeds and dice.
- If using, rinse and chop cilantro.
- Cut limes in half. Squeeze juice from each half into a medium bowl. Discard seeds.
- Add **pineapple**, cucumber, green onions, jalapeño, salt, and cayenne pepper to the bowl with juice. If using, add bell pepper and cilantro. Mix well.
- Cover and refrigerate for at least one hour before serving.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Recipe 6

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **7%**

Sugars 16g

Protein 1g

Vitamin A 25% **Vitamin C** 80%

Calcium 2% **Iron** 0%

*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

APRIL 2022

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. Because some questions can be difficult to answer, it is important to be prepared.

"What if my friends ask me to drink?"

Helping your child say "no" to peer pressure is one of the most important things you can do to keep him or her alcohol-free. Work with your child to think of a way to handle this situation, whether it is simply saying, "No, I don't drink," or "I have a game tomorrow," or "I have to go to work tomorrow."



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

DEA NATIONAL^{Rx} TAKEBACK

Saturday, April 30
10 a.m. - 2 p.m.

Skowhegan Police Department
Pittsfield Police Department (9 a.m.-1 p.m.)
Fairfield Police Department
Somerset County Sheriff's Office Lobby
Sheriff's Office, Madison Sub-Station
Sheriff's Office, Jackman Sub-Station
Vaping devices also accepted with the battery removed

For more smoking and vaping facts visit <https://truthinitiative.org>

Earth Day is April 22! Cigarette butts are the most littered item globally and they're causing environmental problems. And vaping devices create toxic and plastic waste. When we end cigarette use and vaping we will also end the harm they cause to wildlife and the spread of toxic chemicals they leech into the environment.

DID YOU KNOW?

Cigarette butts

ARE THE MOST LITTERED ITEMS

IN THE COUNTRY!

Somerset Public Health

FLIP ME

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