### **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

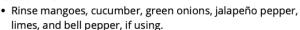
#### Ingredients:

- 1/2 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:



- 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 Fa	at O
	% Daily Va	lue*
Total Fat 0g		0%
Saturated Fa	t 0g	0%
Trans Fat 0g		
Cholesterol 0m	ng (	0%
Sodium 200mg		9%
Total Carbohyo	Irate 20g	<b>7</b> %
Dietary Fiber	2g :	<b>7</b> %
Sugars 16g		

#### Protein 1g

Vitamin A 25%	<ul> <li>Vitamin C 80%</li> </ul>
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



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.



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