



MSAD 59's Wellness Corner

May 2022
Screen Time



The policy says:

"Keep screens out of your child's bedroom, Turn off TV and put away devices during meal times, Treat screen time as a privilege to be earned—not a right, Establish and enforce screen time rules (ex: only after chores are complete), Keep family activities, like board games and books, readily available instead of utilizing devices."

Did you know:

School food is a \$15 billion industry, but most public schools only have about \$1.20 to spend on each student's lunch. The remainder goes to labor, supplies, and other costs.

Move More Kids Program Physical Activity Opportunities For MSAD 59

Sunday, May 8, 2022

Mosquito Mountain Hike

10:00 AM - 2:00 PM

Meet at Main Street Skowhegan
48 Court Street, Skowhegan



Saturday, May 21, 2022

Party in the Park

5:00 PM - 7:00 PM

Coburn Park
419 Water Street, Skowhegan



Sunday, May 22, 2022

Wildflower Wander

10:00 AM - 11:00 AM

Robbins Hill Scenic Overlook
975 S Main Street, Solon



The month of May produce is Pod Vegetable: Sugar Snap Peas Noodles with Peanut Sauce

Ingredients:

- 1 (16 ounce) package whole wheat pasta
- ¼ cup peanut butter
- ⅓ cup warm water
- ¼ cup low-sodium soy sauce
- 2 Tablespoons cider vinegar
- 4 teaspoons sugar
- 1 bag frozen or fresh vegetables, such as broccoli or **sugar snap peas**, thawed



Optional Ingredients:

- 2 teaspoons red pepper flakes

Instructions:

- Cook pasta using package directions. Make sauce and veggies while pasta cooks.
- In a medium bowl, combine peanut butter and warm water, stir into a smooth, thin sauce.
- Add soy sauce, vinegar, and sugar. Mix until sugar dissolves. If using, stir in red pepper flakes.
- In a microwave-safe bowl, add thawed frozen veggies and ½ cup water. Steam in the microwave for 3-5 minutes. Drain any excess water.
- Pour peanut sauce and steamed veggies over cooked, drained pasta. Toss to combine. Serve warm or cold.

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 8

Amount Per Serving	
Calories 300	Calories from Fat 60
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 53g	19%
Dietary Fiber 7g	25%
Sugars 5g	
Protein 13g	

Vitamin A 6% • Vitamin C 20%
Calcium 4% • Iron 15%

*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

MAY 2022

ANSWERING QUESTIONS ABOUT ALCOHOL

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed to them.

Show you're paying attention and you'll discourage risky behaviors.

Show you're aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice. Do this in a subtle way, without prying.



For more information: <https://www.samhsa.gov/talk-they-hear-you/parent-resources/five-conversation-goals>

WORLD NO TOBACCO DAY

May 31st is World No Tobacco Day! The benefits of quitting tobacco are almost immediate.

- After just 20 minutes of quitting smoking, your heart rate drops.
- Within 12 hours, the carbon monoxide level in your blood drops to normal.
- Within 2-12 weeks, your circulation improves and lung function increases.
- Within 1-9 months, coughing and shortness of breath decrease.
- Within 5-15 years, your stroke risk is reduced to that of a non-smoker.
- Within 10 years, your lung cancer death rate is about half that of a smoker.
- Within 15 years, your risk of heart disease is that of a non-smoker.

Join World No Tobacco Day and #CommitToQuit! Each quit attempt brings you closer to success and resources like the Maine QuitLink can help! Visit <https://mainequitlink.com/> or call 1-800-Quit-Now.

BONUS: A comprehensive Tobacco-Free policy is a proven strategy to promote a tobacco-free lifestyle. Contact Jessica at jcarter@rph.net for help making the policy where you work, learn, live, or play stronger.



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

