

MSAD 59's Wellness Corner **June 2022 H20**



The policy says:

"Meals served through the National School Lunch and Breakfast Programs will include access to free drinking water."

Did you know:

If you're struggling with feeding your family, visit the Somerset Public Health Facebook page for an interactive map of free food sites in Somerset County.

facebook.com/SomersetPublicHealth

Move More Kids Program Physical Activity Opportunities For MSAD 59

Friday, June 3, 2022 3:00 PM - 5:00 PM

Paddle Canoeing & Kayaking

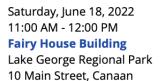
Marti Stevens Learning Center 195 West Front Street, Skowhegan



Sunday, June 12, 2022 11:00 AM - 2:00 PM

French Mountain Hike in Rome Maine

Meet at Main Street Skowhegan 48 Court Street, Skowhegan





https://skowheganoutdoors.com/

produce is Blueberries Fruit Pizza

The month of June

Ingredients:

- 1 English Muffin (try whole grain)
- 2 Tablespoons reduced-fat cream cheese
- 2 Tablespoons sliced Strawberries
- 2 Tablespoons Blueberries
- 2 Tablespoons crushed Pineapple

Materials:

- Knife
- Cutting Board

Instructions:

- Split open the English Muffin and toast the halves until light
- Spread cream cheese on both halves
- Divide the fruit between the two muffin halves and arrange on top of cream cheese

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Nutrition Fa	CIS
Serving size 1/2 muffin+fru	it (81g)
Amount per Serving	
Calories	120
% Da	ily Value
Total Fat 3g	49
Saturated Fat 1.5g	8 %
Trans Fat 0	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7 %
Total Sugars 7g	
Includes Og Added Sugars	0 %
Protein 4g	
Vitamin D 0mcg	09
Calcium 114mg	8%
Iron 1mg	69
Potassium 149mg	4%
Vitamin A 25mcg	3 9
Vitamin C 8mg	99

Join us for a FREE Store Tour and get a \$10.00

Hannaford Gift Card for participating!

https://tinyurl.com/Virtual-Class-Enrollment-Form

































JUNE 2022

SUBSTANCE USE PREVENTION

MENTAL HEALTH

It is normal for children and youth to experience various types of emotional distress as they develop and mature. For example, it is common for children to experience anxiety about school, or youth to experience short periods of depression that are transient in nature. When symptoms persist, it may be time to seek professional assistance.

CRISIS AND HELPLINE NUMBERS

Maine Teen Text Support Line (12pm-10pm) 207-515-8398

Maine Crisis Hotline 1-888-568-1112

Maine Warm Line 1-866-771-9276

Trevor Project LGBTQ Crisis Line 1-866-488-7386 or text TREVOR to 1-202-304-1200

National Suicide Prevention Lifeline 1-800-273-8255

National Crisis Text Line Text HOME to 741741 YOU ARE NOT ALONE

IT'S OKAY TO ASK FOR HELP

Brought to you by Voices for Change in Partnership with Somerset Public Health & MSAD #54

For more information: https://youth.gov/youth-topics/youth-mental-health



TALK ABOUT IT

Short, frequent discussions can have a real impact on your child's decisions about alcohol.

Talking to your child at an early age about drinking is the first step toward keeping them alcohol-free. But as they enter junior high and high school, the pressure to try alcohol increases. It's important to continue the conversation throughout adolescence.

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

