



MSAD 59's Wellness Corner

June 2022

H2O



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



Saturday, June 18, 2022

11:00 AM - 12:00 PM

Fairy House Building

Lake George Regional Park
10 Main Street, Canaan



<https://skowheganoutdoors.com/>

The month of June produce is Blueberries

Fruit Pizza



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 brown
- Spread cream cheese on both halves
- Divide the fruit between the two muffin halves and arrange on top of cream cheese

Nutrition Facts	
2 servings per container	
Serving size	1/2 muffin+fruit (81g)
Amount per Serving	
Calories	120
% Daily Values*	
Total Fat 3g	4%
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 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 1mg	6%
Potassium 149mg	4%
Vitamin A 25mcg	3%
Vitamin C 8mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

Hannaford Gift Card for participating!

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



SCAN ME



COOKING MATTERS at the **STORE**



SUBSTANCE USE PREVENTION

JUNE 2022

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

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



YOU ARE NOT ALONE

IT'S OKAY TO ASK
FOR HELP

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

FLIP ME