# **MSAD 59's Wellness Corner**



December 2022 **Screen Time** 



### The policy says:

"The schools should encourage parents to support their children's participating in physical activities, including available before-and after-school programs."



Join Move More Kids & Skowhegan Outdoors at the River Walk trail in Skowhegan for activities including StoryWalks, Horse Drawn Wagons, Face Painting, Grinch Bowling, Campfires and Cocoa.

#### Free Transportation At These Locations:

Please Note: This is an approximate schedule for our pick-up and drop-off locations/times. These times may vary slightly, depending on how many individuals registered at each location and how long it takes to load/unload the bus.

#### Pick-up Times:

8:00am - Mill Stream Elementary, 26 Mercer Road, Norridgewock 8:20am - Madison Junior High School, 205 Main Street, Madison 8:40am - Carrabec High School, 160 N. Main Street, North Anson 9:10am - Moscow Elementary School, 125 Canada Road, Moscow 9:50am - Athens Community School, 8 Fox Hill Road, Athens

Bus loaded in Skowhegan at 3:00pm

#### **Drop-off Times:**

3:20pm - Mill Stream Elementary, 26 Mercer Road, Norridgewock 3:40pm - Madison Junior High School, 205 Main Street, Madison 4:00pm - Carrabec High School, 160 N. Main Street, North Anson 4:30pm - Moscow Elementary School, 125 Canada Road, Moscow

5:10pm - Athens Community School, 8 Fox Hill Road, Athens

### Find us on Facebook to Register













# The month of December produce is in the Gourd family: Squash **Butternut Squash & Chili Pan-Fry**

Prep time: 30 minutes Cook time: 30 minutes Makes: 7 cups

## Ingredients:

- 1 medium butternut squash, about 1 1/2 to 2 pounds
- 1 ½ Tablespoons vegetable oil
- 1 cup chopped onion
- 1 teaspoon salt
- ½ teaspoon chili powder
- 1 can (8 ounces) diced green chilies (see Notes)
- 1 cup grated cheese (try Monterey jack)

### **Instructions:**

- Wash hands with soap and water.
- Peel **squash**, cut in half lengthwise and remove seeds. Cut the **squash** into 1/2 inch cubes.
- In a large skillet, heat oil over medium heat (300 degrees F in an electric skillet) Add onions and cook, stirring for about 3 minutes. Add the **squash**, salt and chili powder.
- Cover and cook, stirring every few minutes, for 10 to 12 minutes. Stir in chiles and cook for about 3 minutes.
- Sprinkle with cheese and cover until cheese melts, about 2 minutes. Serve hot.
- Refrigerate leftovers within 2 hours.

Nutri	tion	Fa	cts
Serving Size Servings Pe	2/3 cup	(116g)	
Amount Per Se	rving		
Calories 80	Cald	ories fro	m Fat 25
		% [	Daily Value*
Total Fat 3g			5%
Saturated Fat 0.5g			3%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 420mg			18%
Total Carbohydrate 10g			3%
Dietary Fiber 2g			8%
Sugars 2g	1		
Protein 4g			
Vitamin A 15	0% •	Vitamin	C 40%
Calcium 8%	•	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat Saturated Fat	Less than	65g 20g	80g 25g





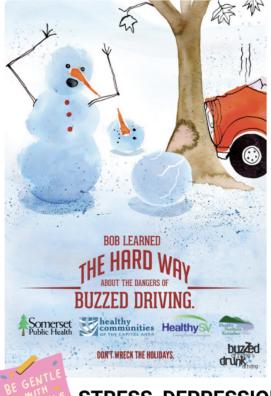






# SUBSTANCE USE PREVENTION

**DECEMBER 2022** 



# AS THE HOLIDAYS NEAR, REMEMBER: BUZZED DRIVING IS DRUNK DRIVING

The weeks leading up to the holiday season are a busy time on America's roads. To keep drivers and their passengers safe, Somerset Public Health is teaming up with the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) to remind drivers about the dangers of drinking and driving.

Help NHTSA and Somerset Public Health share this message: Buzzed Driving Is Drunk Driving.

#### Celebrate with a Plan:

- Even if you've had only one alcoholic beverage, designate a sober driver or call a sober friend to get home safely.
- If you see a drunk driver on the road, contact local law enforcement.
- Do you have a friend who is about to drink and drive?
   Take the keys away and make arrangements to get your friend home safely.

For more info: https://www.nhtsa.gov/

# STRESS, DEPRESSION, AND THE HOLIDAYS: TIPS FOR COPING

The holiday season can bring unwelcome guests — stress and depression. Holiday stress might come from activities like cooking meals, shopping, baking, cleaning and entertaining.

Someone with a substance use disorder may face other stressors like parties where substances are being used, difficult interactions with family, or keeping up with regular appointments that could conflict with holiday festivities.

## Tips to help prevent holiday stress and depression:

- · Acknowledge your feelings
- · Reach out
- Volunteer
- · Be realistic

- · Plan ahead
- · Learn to say no
- · Keep healthy habits
- · Take a breather



- Stick to a budget
- · Seek professional help if you need it

Featuring updates from the following Somerset Public Health Programs:
Drug-Free Communities, Tobacco Use Prevention, Substance Use Prevention Services,
Pathy Screenshot and Patient Navigator

