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.

Nutrition Facts

Serving Size 2/3 cup (116g)
Servings Per Container 10

Amount Per Serving	
Calories 80	Calories from 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	
Protein 4g	

Vitamin A 150% • 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	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

move more kids new balance FOUNDATION
MAINE SNAP-Ed Healthy Eating on a Budget
Somerset Public Health
MaineHealth LET'S GO! 5-2-1-0
MAINE PREVENTION SERVICES Maine Center for Disease Control & Prevention Department of Health and Human Services

FLIP ME

MAINE QUITLINK.COM 1-800-QUIT-NOW

Somerset Public Health

PATHWAYS TO RECOVERY

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, Pathw[illegible]nd Patient Navigator

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Screenshot