

# MSAD 59's Wellness Corner



**January 2023**  
**Physical Activity**



## The policy says:

"Schools are encouraged to use physical activity as rewards or incentives for students' behavior or performance and as an alternative to food celebrations."



**Join Move More Kids & Skowhegan Outdoors for Pool Day at UMF Fitness Center!**

**Saturday, January 7, 2023**  
**8:00 AM - 4:00 PM**

**Experienced Swimmers:** classic pool games: water polo, sharks and minnows, etc.

**Less Confident Swimmers:** free swimming, snorkeling, swimming under-water, kickboard, basic swim strokes.

~ Time Commitment (length of activity):  
**10:00 AM - 2:00PM at the pool**

**>>> Gear Needed: Your Swimsuit & Towel <<<**

## Free Transportation at these locations:

**First pick-up 8:00 AM Skowhegan**  
**Last drop-off 4:00 PM Skowhegan**

- ~ Skowhegan Municipal Parking Lot  
23 Commercial Street, Skowhegan
- ~ Athens Community School  
8 Fox Hill Road, Athens
- ~ Moscow Elementary School  
125 Canada Road, Moscow
- ~ Carrabec High School  
160 N. Main Street, North Anson
- ~ Madison Junior High School  
205 Main Street, Madison

**Find us on Facebook to Register**



## The month of January produce is Root Vegetable: Sweet Potato

### Savory Sweet Potatoes

**Prep time:** 10 minutes **Cook time:** 30 minutes **Makes:** 2 1/2 cups

#### Ingredients:

- 3 1/2 cups **sweet potatoes**, peeled and diced (2 medium)
- 1 Tablespoon vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 2 teaspoons Italian seasoning
- 1/4 teaspoon pepper



#### Instructions:

- Wash hands with soap and water.
- Preheat oven to 400 degrees F. Line a baking sheet with foil for quick clean up.
- In a large bowl, mix the **sweet potato** cubes with remaining ingredients so that each piece is coated.
- Arrange cubes in a single layer on the baking sheet.
- Bake until tender and golden, about 20 minutes. Stir or turn cubes after 10 minutes.
- Refrigerate leftovers within 2 hours.

#### Notes:

- No Italian seasoning?  
Use 1 teaspoon dried oregano, 1 teaspoon dried basil and 1/2 teaspoon garlic powder.

| Nutrition Facts               |               |
|-------------------------------|---------------|
| 5 servings per container      |               |
| Serving size                  | 1/2 cup (98g) |
| Amount per Serving            |               |
| Calories                      | 110           |
| % Daily Value*                |               |
| <b>Total Fat</b> 3g           | 4%            |
| Saturated Fat 0g              | 0%            |
| Trans Fat 0g                  |               |
| <b>Cholesterol</b> 0mg        | 0%            |
| <b>Sodium</b> 520mg           | 23%           |
| <b>Total Carbohydrate</b> 19g | 7%            |
| Dietary Fiber 3g              | 11%           |
| Total Sugars 4g               |               |
| Includes 0g Added Sugars      | 0%            |
| <b>Protein</b> 1g             |               |
| Vitamin D 0mcg                | 0%            |
| Calcium 29mg                  | 2%            |
| Iron 1mg                      | 6%            |
| Potassium 315mg               | 6%            |
| Vitamin A 660mcg              | 73%           |
| Vitamin C 2mg                 | 2%            |

\*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.

# SUBSTANCE USE PREVENTION

JANUARY 2023



## DRY JANUARY MORE POPULAR THAN EVER

Dry January is an annual event encouraging an alcohol-free month to kick off the New Year. According to CGA, a food and drink research firm, 35% of legal-aged adults in the US participated in Dry January in 2022.

A month without alcohol has amazing physical benefits, including lower blood pressure, cholesterol and diabetes risk, as well as lower cancer-related proteins in the blood.

Surveys show that Dry January participants also:

- Sleep better and have more energy
- Lose weight
- Save money
- Improve their concentration
- Get an amazing sense of achievement

"Dry January isn't about giving something up. It's about getting something back," said Dr Richard Piper, Chief Executive of Alcohol Change UK, the charity behind Dry January.

For more info and to download the Try Dry app: <https://dryjanuary.alcoholchange.org.uk/>

## THE GREAT KINDNESS CHALLENGE

The Great Kindness Challenge is a proactive and positive bullying prevention initiative that improves school climate and increases student engagement.

One week is devoted to performing as many acts of kindness as possible, using a kindness checklist. Students accept the challenge to show the world that kindness matters! The challenge was originally designed for PreK-12 students but recently expanded to include businesses and organizations.

Here are some ideas from the kindness checklist:

- Create a family gratitude jar
- Be kind to yourself and eat a healthy snack
- Pick up and recycle trash in your neighborhood
- Take a family walk outside
- Raise funds and donate to your favorite cause
- Share food with someone who is hungry
- Volunteer in your community
- Sincerely compliment five people
- Post a positive message on social media
- Make and display a "Kindness Matters" sign



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

