



Parent Healthy News

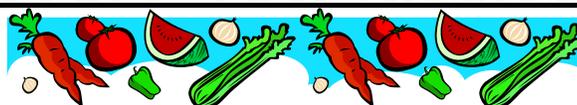
From the RSU 18 Lifestyle Team

Did you know that Williams Elementary School is joining our district Farm to School Program?



WES received a Maine Ag in the Classroom School Garden & Greenhouse Grant to begin their garden program. Under the guidance of their Garden Leader, Lynn Richards, WES will begin gardening with a Tower Gardens system, this spring. **It won't be long before WES has fresh vegetables grown by students.** Farm to School is a district-wide program to teach students about where their food comes from, from Seed to Table.

March is National Nutrition Month



Celebrate National Nutrition Month by preparing a meal with your children. Cooking is a life skill that teaches children about nutrition and food safety, as well as building math, science, literacy and fine motor skills. **Who knows, you may have a budding Chef?**

The more involved your children are in planning and cooking meals, the more likely they are to eat them.

- **Include your kids when planning the weekly family menu** so they feel like they have a say in what they're eating.
- **Look at the district website together** to see what's being served at school.
- **Shop for groceries together.** Make a list before you go to the store and only buy foods on the list. Once in the store, let your kids help you find items on the list. Read food labels out loud and talk about the choices you're making.
- **Cook with your kids.** It's a great opportunity to teach them measurements, conversions and cooking skills, and it gives them a vested interest in the finished product. Great bonding time.
- **Hold family taste tests.** Buy different brands of a healthy food (whole-grain pasta, for example) and let family members decide which one they like best.

<https://parentsforhealthykids.org/food-nutrition/health-at-home/>
or <http://www.actionforhealthykids.org/>



Camp Expo & Healthy Kids Day

Saturday, April 6
10:00 am – 12:00 pm

At the
Alfond Youth Center
126 North St. Waterville

Join in the fun for a morning of active play.

Enjoy Swimming, the Garden, Arts & Crafts, the Adventure Playland, & fun games.

For more information call
207-861-3392

 **Northern Light Health**
Inland Hospital

NATIONAL SCHOOL BREAKFAST WEEK MARCH 4-8



Mornings can be hectic. Eating a balanced breakfast every day powers your child through the morning. Add Protein to help them stay fuller longer.

Try one of these for a healthy on-the-go breakfast:

- Egg sandwich on whole-wheat bread
- Greek yogurt
- Peanut butter on whole-grain toast
- Hardboiled eggs, toast, and an apple.

Or

"Start your day the right way with school breakfast!"

Grant awards 2018-2019

Ticket to Ride Grant – CPS – Lisa Jones \$200, MMS - Keith Mahoney \$500, WES Samantha Veilleux \$500 Pays for transportation to Art Venues

VW Settlement Grant – Bus Replacement grant \$200,000 to purchase two new school buses

Samuel C. Leigh Student Engagement Grant – CPS – Victoria Imes \$1,000, Lacey Studholme \$400 - Literacy– MMS- Chuck Pullen \$600 Robotics

Target Soccer Grant - \$1,000 for MHS – Tom Sheridan, CMS – Joshua Brooks

Target Field Trip Grants \$700 each MMS – Linda Haskell

CPS – Lisa Jones

CMS – Katherine Lyon

WES – Melanie Smith

Mid-Maine Substance Use Prevention Coalition –

MHS - \$1,500 Kami Dexter– MMS - \$1,500 Kris Croteau & CMS Ryan Sweeney \$500 for school projects

NFL Fuel Up to Play 60 – Lauralee Fegel - \$1,500 for physical activity and nutrition

Teens to Trails – Bryan Quigley MHS \$500 for the Outdoor Club activities

Oak Grove Foundation – MHS 11 mini-grants were awarded to staff for a variety of project totaling \$6,712. Ex. Outing Club, Atlantic Salmon Aquarium, 3D printer, books, herb garden, space exploration, Tech Trades Table, frames, Adaptive PE, Spanish curriculum.

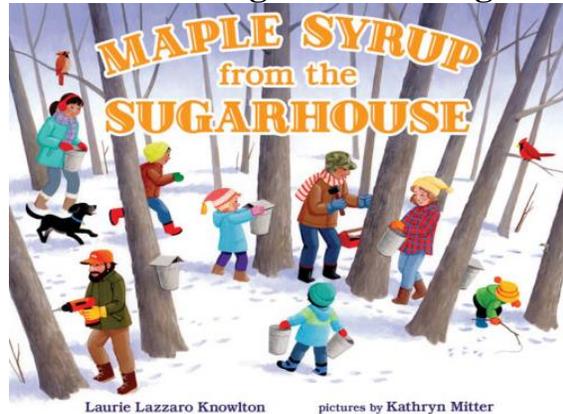
New England Livestock Expo- \$4,800 for transportation for our elementary Schools to attend the Expo at the Windsor Fairgrounds.

Natural Resource Council of Maine - \$500 each for CMS Katherine Lyons, Ryan Sweeney & MMS Amanda Ripa

National Agriculture Day - March 14, 2019 Week March 10-16



Read "ME" Agriculture Program



Maine Ag in the Classroom “Read Me” Program 2019 book is "Maple Syrup from the Sugarhouse" by Laurie Lazzaro Knowlton and is illustrated by Kathryn Mitter. Maple syrup season is here! Kelsey and her father begin harvesting sap from sugar maple trees. Family and friends join them to help in the process of turning the sap into maple syrup.

Atwood Primary School teachers Tammy Pullen, Brynn Charest & Scott Colby harvest sap from maple trees on our school grounds to make maple syrup for students to taste.

All primary and elementary classrooms will receive a copy of the book, with lesson ideas and links to online materials from local farmers & volunteer agriculture readers.

For more information - www.agclassroom.org.

Still Time to participate in Spring Skiing at Sugarloaf Mountain at a Discount



RSU #18/AOS #92

Kennebec Valley Ski Club

Ski Sundays – March 10, 17, 24

Price: \$51 adult lift ticket, \$47 for age 6-18

Contact Gayle Giguere at ggiguere@aos92.org