



# Parent Healthy News



From the RSU 18 Lifestyle Team -December 2019

## The RSU 18 Lifestyle Team

Would like to Wish You  
&  
Your Family a Happy, Healthy  
Holiday Season



Coming in February !  
Snow Pond Winter Carnival &  
Ice Fishing Derby

**Saturday, February 29, 2020**

At Snow Pond Center of the Arts

9:00am to 12:00pm

Snowshoe Hikes (some snowshoes available to borrow) and Snowman Making Challenge

For information contact Jim Fortunato at 207-861-2393 or go to [northernlighthealth.org/inland-hospital](http://northernlighthealth.org/inland-hospital)



Winter at the Quarry Road Trails means cross country skiing, snowshoeing, sledding, dog walking and fat bikes.

**Free Skiing and Learn to Ski Day!**

**Saturday, December 21<sup>st</sup>**

**10:00 am to 4:00 pm**

Free day passes, free equipment demos, and free lessons available to all. If you've never skied, or are new to the sport, this is a great way to get started. There will be free ski clinics at 11AM and 1PM for beginner and intermediate level instruction, as well as free fat tire bike demos by Mathieu's Cycle.

For more information contact, Waterville Parks and Recreation at (207) 680-4744 or go to [trails@quarryroad.org](mailto:trails@quarryroad.org)

A Great showing of the Movie –  
**“Polar Express”**

At the MHS Performing Art Center  
December 6<sup>th</sup>



Arriving at the Train Station to receive  
Their Golden Ticket for the Polar Express



Principal Melanie Smith and son Griffin visiting Santa



Over 172 children, parents & grandparents attended the movie. A Santa Visit highlighted the evening with the distribution of Believe Jingle Bells by MHS elves.

Thank you to the The Lifestyle Team, Sue Perrino – PAC Director, Key Club, and Patty Shorty – Kitchen Supervisor & her team for making cookies & Hot Cocoa.



## Healthy Holiday Tips



The holiday season is a wonderful time of year, but it can also be challenging for families trying to eat healthy and stay physically active. Between family gatherings, parties, delicious food and traveling, healthy habits can get left behind. Here are a few tools and tips to help families stay healthy and physically active while still enjoying the holiday season.

### Be Prepared

Spend time before the holidays planning healthy snacks, appetizers, meals, and desserts to prepare. Whether you are a host or guest, be the one to create healthy alternatives to the typically not-so-healthy holiday menu.

### Stay Healthy

Wash your hands often to help prevent the spread of germs.

### Don't Skip

Just like any other day, you shouldn't skip meals during the holidays. Keep normal eating times and if you do happen to skip a meal try to snack on healthy foods.

### Rest

Make sure to add sleep and relaxation to the holiday to-do list. Staying well rested provides an extra boost of energy.

### Stay Physically Active

Even if you are traveling, you can find ways to engage in activities with family and friends.

- Pack walking shoes/boots for trips to see family and friends
- Go for a walk around the neighborhood to enjoy the holiday decorations or snowshoe or ski on our local trails to see the stars. (China Forest, Messalonskee School or Stream Trails). Find trails at <https://www.kmtrails.com/the-trails/> or <http://www.mainetrailfinder.com/>
- Organize winter sports, such as snowshoeing, skiing, sledding and skating with family and friends or go swimming at a local indoor pool.
- Get the family physically active by turning up those holiday tunes and dancing—anything that keeps everyone moving and having fun.

**Most important enjoy Family Time Together.**

# HAPPY HOLIDAYS



## Healthy Sleep for the Holidays



The holidays are a busy time. It is filled with special events, schedule changes and possible travel. It's very important that your family get enough sleep to be able to enjoy the holidays and school vacation.

How Much Sleep Time Does Your Family Need?

- Ages 3-5 10 – 13 hours
- Ages 6 - 12 9 hours
- Teenagers 8-10 hours
- Adults 7-9 hours

[https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)

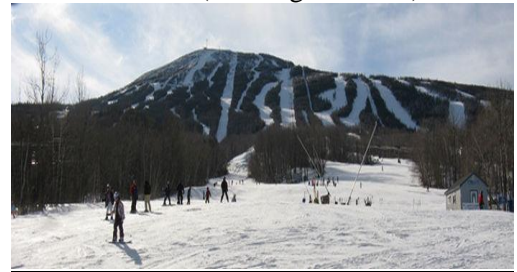
### Healthy Sleep Tips

- Be Realistic with your plans
- Try to keep a consistent sleep schedule
- Avoid Caffeine products after lunch
- Avoid large meals before bed
- Make Time to relax

## Coming Soon!

### Maine Wellness Ski Club

(new organization)



### Sugarloaf Discount Tickets & Packages

#### Beginning in January

Discount Tickets, Rentals (Skis, snowboard, boots, poles, helmets), Learn to Ski or Ride Clinics, Learn to Ski or Snowboard packages.

For more information, please contact Claire Heffernan, RSU 18 School Health Coordinator, in January at [cheffernan@rsu18.org](mailto:cheffernan@rsu18.org)

### RSU 18 2019 Fall Grant Awards

**Target Field Trip Grant** - \$700 – CMS – Kate Lyon, CPS – Lisa Jones

**Samuel C. Leigh Engagement Grant** - \$1,500- Lisa Klein – MHS Robotics program, CMS Kate Lyon & Josh Schmidt - \$600 – Robotic Hand  
**Oak Grove Foundation** – MHS – Sylvia Jadczyk - \$1,700 for Reluctant Reader, Lisa Klein & Sylvia – 3D Printer

**Maine Ag in the Classroom** - \$1,000 – Beth Prelgovisk for YES Program/Blueberry Bushes

**Onion Foundation** - \$800 – Author Visit - MMS – Jen Barry & Rebecca Cobban