



# Parent Healthy News

From the RSU 18 Lifestyle Team

The Lifestyle Team presents the  
**RSU 18 Staff**  
**Let's Go to Tokyo Challenge Cup**  
 February 17<sup>th</sup> to April 12<sup>th</sup>



## Excitement is in the Air!

Staff in RSU 18 is joining together in the spirit of promoting wellness by participating in a 8 week Let's Go to Tokyo Challenge Cup Passport Program celebrating the upcoming Summer Olympics. There are four two week legs encompassing activities focused on Strong Minds, Healthy Bodies, Positive Culture and Olympic Values. Participants will complete task in each category as they earn points toward reaching their destination to Tokyo. This is a fun opportunity for staff to enjoy friendly competition while promoting wellness in our schools.

## NATIONAL SCHOOL BREAKFAST WEEK MARCH 2<sup>nd</sup> thru 6<sup>th</sup>



Mornings can be hectic. Eating a balanced breakfast every day powers your child through the morning.

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.

**Start your day the right way with  
 "School Breakfast!"**

## EAT RIGHT



## BITE BY BITE

National Nutrition Month®  
 March 2020

eat right Academy of Nutrition and Dietetics

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a healthful effect and every little bit (or bite!) of nutrition is a step in the right direction.

**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?

#### Family Meal Planning Tips:

- The more involved your children are in planning and cooking meals, the more likely they are to eat them. Vary your diet and include your children when planning the weekly family menu so they feel like they have a say in what they are eating.
- Go to the [rsu18.org/](http://rsu18.org/) website to review the daily school menu.
- Shop for groceries together. Make a list of tasty meals before you go to the store. Let your children help find items on the list. Read the food labels & talk about your choices.
- Cook with your kids. It's a great opportunity to learn skills in measurements, conversions and cooking that gives them a vested interest in the finished product. **Great bonding time!**
- Hold family taste tests. Buy different brands of a healthy food (Ex. whole-grain pasta) and let family members decide which one they like best.
- Take time to enjoy your meal.

<https://www.eatright.org/food/resources/national-nutrition-month>

<https://www.actionforhealthykids.org/activity/celebrate-national-nutrition-month/>



## National Agriculture Day - March 24th Week March 23<sup>rd</sup> thru 27<sup>th</sup>



### Read "ME" Agriculture Program

The Maine Ag in the Classroom "Read Me" Program 2020 book, developed by MAITC with the Maine School Garden

Collaborative, will be "**Plant Something for ME**". The book explores the importance of plants, careers in the field, and encourages students to PLANT SOMETHING! Planting kits will be provided. Local Farmers and Agricultural Volunteers will be reading to our students and sharing their agricultural experiences. The Read Me program is offered to Pre-K thru grade 4 (grade 5 in some of our schools) and is very popular in our state. Over 800 classrooms around the state are participating in the 2020 Read Me Agriculture Program. All RSU 18 primary and elementary school classrooms are participating in this great opportunity. Funding for this project is a direct result of the [Maine agricultural specialty license plate](#) and the USDA Specialty Crop Block Grant. [www.agclassroom.org](http://www.agclassroom.org).

### RSU 18 Grants and Awards

**Maine Department of Education Awards School Revolving Renovation Fund to;**

**China Middle School** - \$63,093 Smoke Tight Hallways, \$71,877 to provide safe access to the library/main office Air Handler Unit.

**China Primary School:** \$624,565 to add a school-wide sprinkler system, \$81,715 to provide safe access to the Air Handler Unit.

**Messalonskee High School:** \$8,657 to add an Intrusion Alarm Sensor System.

**Messalonskee Middle School:** \$73,733 to add an extension of the sidewalk from the middle school back entry door to the access road, sidewalk on the access road to the high school and lighting, \$60,950 to replace leaking sprinkler heads in the ceiling on all 3 floors.

**Williams Elementary School:** \$93,428 to add Fire Rated Doors and Fire Stop walls in the Central Stairway.

**Let's Go 5-2-1-0 Program, Northern Light Inland Hospital mini-grant awards** – ATW - \$416, BCS \$438, CMS \$416, CPS \$585, MHS \$445, MMS \$585, WES \$416 to promote wellness in our schools.

**Maine Ag in the Classroom Agriculture Awareness Grant** – ATW - \$1,000 for the Outdoor Sensory Garden

### Coming Soon!

### National Screen-Free Week

May 4<sup>th</sup> thru 10<sup>th</sup>

Celebrate National Screen Free Week. Talk with your children to plan your participation in Screen Free Week. Screen time includes watching TV, playing video games, using a computer, and using mobile devices such as smartphones and tablets. Research shows that young children who spend less time watching TV tend to do better in school, have a healthier diet, and are more physically active when older. **Step away from the screens and read a book, take a walk, enjoy a hobby, or volunteer!**

<https://mainehealth.org/lets-go/childrens-program/schools/k-5-tools> For more ideas, contact Jim Fortunato, Let's Go! Coordinator for Northern Kennebec at [jfortunato@northernlight.org](mailto:jfortunato@northernlight.org).

### Discount Spring Skiing at Sugarloaf

#### Maine Wellness Ski Program



MARCH Dates: SUNDAYS 8, 15, 22, 29

APRIL: TBD

SUNDAY Lift Ticket Pricing \$52.00 Adult (19-64)  
\$48.00 Student (6-18) Senior (65+)

Rentals: Ski or Snowboard, boots, poles - \$ 12.00 (5 & under), \$32.00 (6-65+), \$10.00 Helmets

For more Information, Contact

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**TEXT 207-861-1408**