

# Parent Healthy News

From the RSU 18 Lifestyle Team -December 2020

## The RSU 18 Lifestyle Team

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

*Take Care and Stay Healthy this Holiday Season!*



The Lifestyle Team features many wellness activities throughout the year for staff and students.

Highlights of our activities are;

**Weekly Staff Virtual Zumba** led by Krystal Blaisdell and **Staff Virtual Yoga** led by Janet Hutchinson

**Virgin Pulse Well-Being Program** for district staff who participate in MEABT Anthem Health Insurance. This program offers activities and programs that enhance health and wellness.

**December Staff Challenge** – a 31 Day Holiday Self-Care Challenge where staff can participate in daily Wellness activities.

**Tuesday Me-Time** - staff emails that support self-care and wellness.

**Gratitude Grants** - offered to schools to focus on self-care, staying healthy and being grateful. **This year's theme is "We are one (#WeAreRSU18) but for now apart."** The school awarded the grant were, ATW- "The Joy & Gratitude of Giving", BCS - "Attitude of Gratitude", CMS - "From Lemons to Lemonade", CPS - "It is Better to Give than to Receive" & WES - "February Family Staycation Kit".

## 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. 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.

### Stay Healthy

Wash your hands often to help prevent the spread of germs. Wear a mask to protect yourself and others.

### 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

Find ways to engage in physical activities.

- Go for a walk around the neighborhood to enjoy the holiday decorations
- Snowshoe or cross country ski on our local trails to gaze at the moon and stars. You might even see a shooting star. (China Forest Trails, Messalonskee School or Stream Trails, Quarry Road Trails, Kennebec Messalonskee Trails). Find trails at <https://www.kmtrails.com/the-trails/> or <http://www.maintailfinder.com/>
- Go sledding on a nearby hill.
- Turn up those holiday tunes/music and start dancing as a family - anything that keeps everyone moving and having fun.

*Most important  
Enjoy Family Time Together.*

## December Maine Harvest of the Month Winter Squash

Acorn, Buttercup, Butternut, Hubbard,  
Pumpkin, Spaghetti



**Choose:** Firm, well-shaped squash that are heavy for their size and have a hard, tough skin. Don't choose those that are sunken or have moldy spots.

**Store:** Winter squash and pumpkins should be stored in a cool dry place and will keep for several months.

**How to use:** To cook, wash and cut into quarters or smaller pieces. Peel and remove seeds. Boil or steam in a small amount of water for about 25 – 35 minutes or until tender. To bake, wash and cut in half or in smaller pieces depending on the size. Remove seeds. Place cut side down in a shallow baking pan and bake at 375°F for about 40 – 50 minutes.

<https://extension.umaine.edu/harvest-for-hunger/vegetable-basics/winter-squash/>

## Pumpkin or Squash Bread

### Ingredients

- 1/2 cup sugar
- 1/4 cup oil
- 3/4 cup pumpkin or squash puree
- 2 eggs
- 1-1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon

### Optional Ingredients

- 1/2 cup raisins
- 1/2 cup chopped nuts



### Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 slice (53g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 62mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 30mg	<b>0%</b>

\*The % Daily Value 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.

### Directions

1. Preheat oven to 350°F.
2. In a large bowl, beat together the sugar, oil, pumpkin or squash and eggs.
3. In a medium bowl, stir together the flour, baking powder, baking soda and cinnamon. Fold this into the other mixture just enough to moisten the dry ingredients. (Optional: Stir in the raisins and nuts). Pour the batter into a greased 9 x 5" loaf pan.
4. Bake for 40-50 minutes or until a toothpick inserted in the center comes out clean.

## Healthy Sleep for the Holidays



The holidays are a busy time. 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



Each year our primary and elementary school children participate in the Read "Me" Agriculture Program. This past year our dates with Maine Ag were canceled. Our friends at Maine Ag in the Classroom have happily placed their yearly book on their website as a Read Aloud. Visit

<https://teachmefoodandfarms.org/videos/>



The Maine Ag License Plate helps support many of the very important programs offered by Maine AG in the Classroom.

## HAPPY HOLIDAYS

