



Wellness Matters

Healthy students, healthy families, healthy schools

Volume I, Issue I

Wellness Committee

- Joseph Kavanaugh
- Patricia Tammar
- Wanda Colyer
- Tom Eagan
- John Geniti
- Andrew Giaquinto
- Shari Keller
- Matt McKenna
- Brian Nolan
- Joanne Reynolds
- Kyle Restina
- Kimberlee Shartrand
- Betsy Williams
- Barbara Wurz

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Wellness Committee Update

In July 2006 the Board of Education adopted a Wellness policy for the district and a committee set about to create guidelines that would more specifically define that policy. The Wellness Committee has been working hard this year to revise those Wellness guidelines according to the best interests of the district and its students. The committee consists of teachers, administrators, parents and students, and generally meets one time per month. That policy and its guidelines can be found on our web site at

www.sgcsd.net

Besides revisions in the guidelines, a major goal of the committee was to initiate this newsletter for parents and staff. If you have questions regarding the committee, please contact Pat Tammar at 386-4375. We are always looking for new members!

The **Wellness Matters** newsletter project will provide nutrition, fitness and general wellness information and tips for students, families and staff. The goals of the newsletter are to promote wellness, to provide current developments in nutrition and fitness and provide the opportunity for sharing ideas on healthy eating, exercise and recreation. Your newsletter will arrive in the mail in the early fall, winter, early spring and at the end of the school year.



Eat, Learn, Live Chartwells Food Services

Chartwells Newsletter

Food and Nutrition Standards: The growing obesity epidemic in the US has hit our children particularly hard. The Centers for Disease Control and Prevention (CDC) report that an estimated 16% of our nation's young people ages 6-19, or nine million school-age children and adolescents, are overweight. That statistic is double in children and triple in adolescents of the rate of just 20 years ago.

Specific evidence points to eating behaviors that have contributed to our nation of overweight children. Only 2% of school-age children meet serving recommendations for all five food groups. 16% of youth meet none of the serving recommendations for any of the food groups. Teenagers drink twice as much soda as milk and less than one in five girls ages 9-19 meet the recommended intake of calcium.

Foods available to children in school can have a major impact on their health and academic performance, as well as their lifelong eating habits. Chartwells, Scotia-Glenville's partner in food service have developed a "Balanced Choice" program to increase the availability of healthy foods to students throughout the day. An example of some of the choices are fresh fruit, only 100% juices, fresh salads, reduced fat milk and healthy cooking techniques, keeping deep fried food to an absolute minimum.

From Health Education—Healthy Eating on the Run!



We are all "on the go" and often looking for a quick food fix. Today, more than ever before, healthy eating on the run is possible. Whether we choose to prepare our own "fast foods" or visit our local restaurants, a variety of options are available. Consider these healthy eating on the run tips or try some of the quick and easy recipes here the next time

your're preparing for a day filled with school activities, sports and family outings.

Healthy Eating on the Run Tips

1. Prepare healthy snack bags at home before leaving for the day. Cereal, dried fruits and mixed nuts can be combined for delicious and nutritious snack bags.
2. Pack your favorite fruits and fruit dips in small insulated lunch bags and enjoy!
3. Select baked or grilled fish and chicken menu items when visiting fast food restaurants.
4. Eating a fast food sandwich? Whole grain breads/rolls and ask for sauces on the side.

Browse the Web for Nutrition Information!

In the comfort of your home, in school or at your public library or favorite "wi-fi" you can browse the Internet and find a wealth of health information. Check out the following websites to begin your web adventure.

Menu Information

Find your favorite restaurant's nutrition information at http://www.sparkpeople.com/resource/Nutrition_articles.asp?id=545

Tip: Most chain restaurants have websites that provide

current menu nutrition information. *Google* your favorite!

The New Food Guide Pyramid

Learn the user-friendly New Food Guide Pyramid and assess your own nutrition and fitness lifestyle and learn about the new Food Guide Pyramid at <http://www.mypyramid.gov/>



Calculate your **Body Mass Index** by using the formula at <http://nhlbisupport.com/bmi/bmicalc.htm>

We all turn to fast food for those hectic times. You can make good choices at your favorite fast food spot! Log on to <http://www.fastfoodandfamilies.com> for helpful fast food information.

Do you love your bread? Learn about good carbs at the Harvard School of Public Health Nutrition Source at hsph.harvard.edu/nutritionsource/carbohydrates.html



Follow the Food Guide Pyramid's recommendations for daily servings of fruits and vegetables. Think: 5 is fine, 9 is divine!

From Athletics and Physical Education...

Spring is here! Get in shape at the High School. There is no charge to workout for community members, but you must sign up at the Fitness Center and go through an orientation. Feel free to contact the AD's office at 382-1237 for more info.

The Fitness Center is open Monday -Thursday 5:00 PM– 7:00 PM



A Message from the Nurses...

You're It! Get Fit! is the theme of the President's Fitness Challenge. All Americans are encouraged to include regular physical activity into their day. Check out the President's Challenge Website and sign on! www.presidentschallenge.org/

Recipe Exchange-Share your ideas for healthy family recipes

Do you have healthy recipes and tips to share in our newsletter. Send your recipes and tips to ptammar@sgcsd.net or mail your info to Janet Rathjens, High School **Look for recipe ideas in future newsletters.**

*Trying to fit more vegetables into your menu plans? Shred a few carrots into your favorite red pasta sauce recipe before cooking.

The carrots disappear and they naturally sweeten your sauce with no added sugar!

*Do your children love pudding cups? Buy the low-fat vanilla pudding cups and a quarter cup of canned pumpkin and a sprinkle of cinnamon. You will have a sweet single portion snack that suggests pumpkin pie!

Yogurt Smoothie Recipe

1 banana | 1/2 cup vanilla low fat yogurt, 3/4 cup frozen peaches, 1 whole frozen berry container (your choice) | 1 tablespoon orange juice concentrate

Place all ingredients in blender, add ice to fill blender and blend. Serves 2.



Wellness Fun Facts

The Power of Hand Washing
"The single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands."
Source: U.S. Centers for Disease Control and Prevention