

WILSON SCHOOL DISTRICT WELLNESS NEWSLETTER



WELCOME TO OUR FIRST WELLNESS NEWSLETTER!

Serving up Fun and Tasty Wellness Tips!

We are so excited to introduce Wilson School District's first monthly wellness newsletter.

We are kicking this first newsletter off with a recipe of the month, student and staff spotlights and a mindfulness activity from Jeanette Lasher to help you re-center and de-stress! Also check out information on our new Student Nutrition Council!

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RECIPE OF THE MONTH

Photo from Whitfield Elementary School

Did you know that every Tuesday and Thursdays the Elementary Schools serve up a homemade Parfait Lunch!? The cafeteria staff layer various fruits, vanilla yogurt and various toppings. Our favorite kind is the Chunky Monkey which is made with vanilla yogurt, bananas, creamy peanut butter, semisweet chocolate chips and whole grain granola! All parfait lunches are served with a soft pretzel or whole grain snack and the vegetable of the day!



STAFF SPOTLIGHT

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Favorite Cafeteria Meal? Chicken Patty Sandwiches. It reminds me of when I was a kid. I always bought double on chicken patty day.

Mr. Fry, Fourth Grade Teacher, Green Valley

What is your favorite way to stay active? Playing sports at recess.

What do you do to relieve stress? I listen to music, do breathing exercises, or hang out with my children.

What is your favorite cafeteria meal? Chicken Patty Sandwiches because it reminds me of when I was a kid. I always bought double on chicken patty day.

What kind of foods do you enjoy cooking? I enjoy cooking anything with instructions. I enjoy being cooked for, mainly because I don't have to do anything.

How are you exercising self-care this school year? I am trying to eat healthier meals for dinner. I find that I have more energy when I eat healthy.

STUDENT SPOTLIGHT

Aden Bueno, Fourth Grade Student, Green Valley

What is your favorite way to stay active?

Football , Kickball and soccer.

Do you ever take a moment to stop and reflect on your day? Sometimes I do when I read a book or in the back seat of the car.

What do you do to relieve stress? I go in my room and lock the door for some needed alone time.

What is your favorite cafeteria meal? Chicken Patty. It is my favorite because it tastes really good and I like it more with bbq sauce.

What kinds of foods do you enjoy cooking or having cooked for you? Pasta.

What is one thing that you are doing this year to take care of yourself? Friends and the games we play at recess and in the gym.

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*Favorite Way to Stay Active?
football, kickball
and soccer.*



MINDFULNESS ACTIVITY: MINDFULNESS BY NUMBERS

Provided By Jeanette Lasher, School Counselor, Cornwall Terrace

Try this exercise to relieve stress and become more present in the moment! Lasher says the exercise "helps students (and teachers) focus their attention on getting feedback from one specific sense at a time, allowing them to slow down the stimulation their busy brains might be experiencing!"

When you are feeling stressed, stop and ask the following questions:

What are 5 colors you see right now?

What are 4 sounds you hear?

What are 3 shapes you see?

What are 2 things you smell?

Who is 1 person you see?

JOIN WILSON'S STUDENT NUTRITION COUNCIL!

Are you interested in becoming involved and advocating for healthy initiatives within our schools and cafeterias?

Wilson School District is excited to announce the formation of a new Student Nutrition Council! The council will help add a student's perspective and involve students in the food service process. Students will be able to help plan recipe contests, give feedback for wellness programs and be a voice for their classmates for what you would like to see in our cafeterias. Considering this:

Do you have menu or recipe suggestions for our cafeterias?

Are you interested in healthy eating and wellness programs?

Do you want to give honest feedback about the food being served in the cafeterias?

Do you want to help taste test new recipe ideas for school lunches and breakfasts?

Then we need your perspective! Reach out to ginsar@share.wilsonsd.org for more information on how to become involved with The Student Nutrition Council.

