

WILSON SCHOOL DISTRICT WELLNESS NEWSLETTER



WELCOME TO OUR SECOND WELLNESS NEWSLETTER!

Serving up Fun and Tasty Wellness Tips!

We are so excited to introduce Wilson School Districts second monthly wellness newsletter. Since February was Heart Awareness month, we will be sharing heart healthy tips! Thank you to our Nurses for providing these tips!

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RECIPE OF THE MONTH

Asian Chicken Salad

Our homemade salads have been very popular this school year, especially at the Elementary schools! The Asian Chicken Salad is made by topping chopped romaine with shredded carrots, diced celery, teriyaki chicken, and asian style noodles.

The salad has a perfect mix of flavor and crunch! It will appear on our Elementary menus again on March 9!



Staff Spotlight: Upper & Lower Cafeteria Staff



On February 12, Karen Weachter, Laura Stemko, Lisa Kline & Lois Potts (from Left to Right) cooked up seven-hundred orders of chicken wings for a Make a Memory event at the high school! Thank you to everyone who participated and ordered wings!



FOCUS ON HEART HEALTH



Thank you to our Nurses for the Following Health Tips for Heart Health!

1. Eat Smart

Heart Healthy starts with healthy food choices. Keep your heart well by choosing lots of fruits and vegetables each time you eat, prioritize healthy fats like olive oil and avocado, and choose low-fat protein sources. You don't have to be a chef to make these choices! We recommend shortcuts such as using frozen veggies to make your life easier! Also, don't forget to treat yourself! See the last page of the newsletter for our fun Avocado Cookie Recipe! It includes lots of heart healthy, monounsaturated fats!

2. Move More

A good goal is to move at least 150 minutes a week (around 21 minutes a day), but if you don't want to sweat the numbers, just move more! Take a walking break during lunch or find an exercise class you really love!

3. Be Well

Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, and managing stress. See below for our monthly mindfulness tip!

MINDFULNESS ACTIVITY: NATURE WALK

Provided by Dr. Frank Hutchko, 9th Grade Counselor

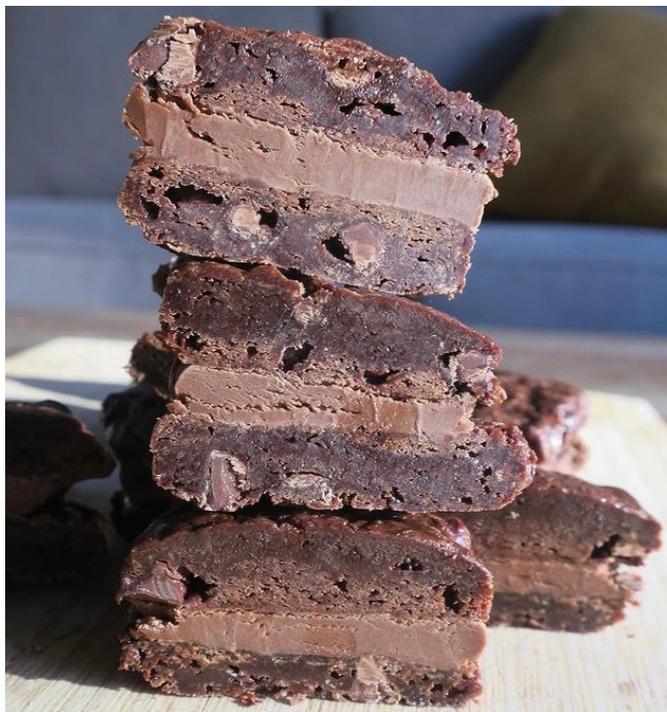
The next time you feel stressed, do the following:

Walk in the woods or on a wooded trail. Using your five senses, observe what your experience is during your walk.

What do you hear? What do you see? What do you physically feel and taste?

As your mind wanders, go back to what you see. Or picture your intrusive thought placed on a leaf as it floats down a stream away from you. Recenter your sight.

HEART HEALTHY CHOCOLATE AVOCADO COOKIES!



Recipe Note: We love to fill these cookies with either a peanut butter or chocolate hazelnut filling and sandwich them together!

To make the filling, blend 1/2 cup of either nutella or smooth peanut butter with 1 cup confectioners sugar. Let sit for at least 1 hour before spreading on the cookies. Enjoy!

AVOCADO CHOCOLATE CHIP COOKIES

Yields: 36 Cookies

Dairy Free, Gluten Free, Nut Free, Egg-Free
Vegan

3	Ripe Avocados
1 Cup	cane sugar
1/2 Cup	Coconut Oil
1 Cup	Maple Syrup
2 Cups	Gluten Free Flour
2 Cups	Cocoa Powder
2 Cups	Chocolate Chips
2 tsp	Baking Powder
1 tsp	Salt

1. Puree the avocados in the food processor until completely smooth.
2. Mix the avocado puree with the sugar, coconut oil, and maple syrup.
3. In a separate bowl, mix the rest of the dry ingredients.
4. Slowly add the avocado mixture to the flour mixture and stir until everything is mixed.
5. Scoop the dough out into 2-TBSP sized balls. Flatten into circular disks about 1cm thick.
6. Lay out on a non-stick or greased baking sheet. Bake at 375 for 8-10 minutes. Remove from the oven and let cool.