

WELLNESS NEWSLETTER

New Year Resolutions To Get You Fit

The beginning of a new year is like a reset button. It is a great time to make healthy changes in your life . Instead of focusing on “fitting into your jeans” try to focus on getting “fit” in other ways to help you to keep your life in balance.

Fit in more time with friends and family-vow to appreciate loved ones and spend more time with family and friends this year. Unplug the technology: try a family game night, meet some friends at a new restaurant, engage yourself in meaningful conversations.

Fit in more foods from the “good for you” foods list- strive for filling fiber from fruits and vegetables, raw nuts and whole grains. Try to incorporate a new healthy recipe into your meal plan at least once a week.

Fit in a new experience-try a new exercise class at the gym, sign up for a class on a topic you’ve been interested in like photography or painting, join a book or bible study club, get out of town for a show or play.

Fit more money into your savings account-examine your spending habits and see where you can cut back. Having money in savings to cover any emergencies is a great way to reduce stress or try saving up for a family get away.

Fit in service to others- find time to count your blessings and help out those in need: be a volunteer, give a donation, make yourself available.

A Healthier Environment

Easy ways to be green and save some green (\$) in the process.

Topic: Idling Cars

Did you know:

- ◆ An idling car/SUV uses more gas than a vehicle in motion (at 35 mph), about 20 times more!
- ◆ On average 20 minutes of idling time uses 1 gallon of gas and places over 19.4 pounds of carbon dioxide into the atmosphere.
- ◆ If you normally leave your vehicle idling during school pick-up and your average wait time is 15 minutes it costs you over \$540.00 per year (at \$3.00 per gallon) in wasted gas.
- ◆ Every two minutes of idling time uses enough gas to drive 1 mile.
- ◆ Starting and stopping your engine uses about 10 seconds of idling time gas (not very much when compared to idling over 15 minutes).
- ◆ Engine exhaust contains carbon monoxide, carbon dioxide, ozone, and nitrous oxides all of which are poisonous.



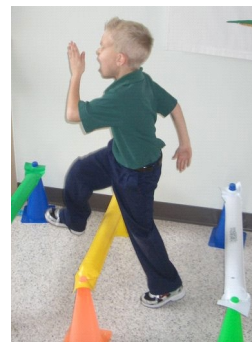
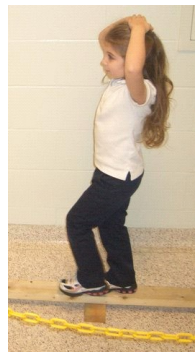
All data verified by the EPA and submitted by a parent who is a professor of Environmental Sciences.



Wellness in the Cafeteria

Tidbits of info for you to digest

- ♥ Beginning in January, grades 6, 7, and 8 will be offered the option of, “Salad Bar,” every Wednesday and Thursday as an alternate to the hot lunch. We offer a large variety of fresh fruits, vegetables, meats, cheese, fruits, and fresh baked breads. This is a great way to make a healthier choice for lunch time.
- ♥ The café has teamed up with the Wellness Committee to create a survey for parents and child(ren) to fill out together. We are hoping that the answers will offer insight and suggestions on what we may do to interest your child(ren) in school lunch. Please keep an eye out for our survey and take a few minutes to send your feedback to us. Thank you for your help!
- ♥ Within the next few years, whole grains and more fresh fruits and veggies will be mandatory on the school lunch tray. We realize these are not the most popular amongst the children and are trying to “baby step” them into this new meal pattern. We are offering tastes of these new items and making small changes to introduce some of these healthy and more nutritious items to the students. Please encourage your children to try these new items. They may just like them!



Minds in Motion

Learning is a function of the entire nervous system. Many students have difficulty learning if all of their sensory systems are not helping them to process what is on the page or in their environment. The more the sensory/motor systems work together, the more one can learn and the easier it becomes.

Mrs. Angermeir, (learner specialist at GSS) has utilized the empty hallway space between the school and the gym for a **Minds-In-Motion** maze which is approximately 15 different activities for motor development and the sensory integration.

Some of the activities include:

Jelly Roll – provides vestibular stimulation (inner ear) to the brain, build core strength, and help develop directional control.

Skipping on Through – (one of the most difficult actions to master) develops cross-lateral integration of the brain hemispheres while improving rhythmic motor development.

Jumping Jack Flash – developing eye-foot coordination, perfect balance, and fine-tune reaction times.

Balance Board Bash –developing limits of stability and maintaining balance in one’s body.

Good Shepherd’s Kindergarten and First grade complete the maze everyday and we are seeing improvements in reading and writing, keeping pace with schoolwork, and developing fine and large motor control which helps with coordination.

Utilizing these 15 different activities at home can also help your child. If you would like to learn more about these activities please schedule a time to come in and view the **Minds-In-Motion** Maze.