



Wellness

Spring 2016 Volume 10



Spring into Gardening

Spring is fast approaching! Start your Summer healthy eating right when Spring hits by starting your own vegetable garden. Here are some tips to get started:

1. Start small-Remember this: It's better to be proud of a small garden than to be frustrated by a big one!
2. Placement is everything.
 - Avoid planting near a tree, which will steal nutrients and shade the garden.
 - Do you have enough sun exposure? Vegetables love the sun. They need at least 6 hours of full sun every day, and preferably 8.
 - Know your soil. Most soil can be enriched with compost and be fine for planting, but some soil needs more help. Vegetables must have good, loamy, well-drained soil.
3. Vegetables need lots of water, at least 1 inch of water per week.
4. You'll need some basic planting tools. These are the essentials: spade, garden fork, soaking hose, hoe, and hand weeder.
5. Check your frost dates. Find first and last frost dates in your area, before planting.

ROLE MODEL HEALTHY BEHAVIOR

Teachers are in a good position to act as positive role models for students, parents and the community. Schools are increasingly becoming places where healthy habits can flourish and changes are being made to help this happen. Positive modeling by administrators and teachers in schools can be an important step in supporting the new healthy school policies and actions that have been taking place. Being a role model as a teacher or administrator helps show leadership and commitment that others can see. Your students are watching you more than you may realize; they watch what you eat, how active you are, and how you express your feelings. So, why not model healthy habits such as healthy eating habits and being physically active. Not only does it help your students but it's your health too. When you model healthy habits, your own health improves! By making mindful decisions to support positive social environments, eat healthy foods, and be physically active, you will probably find that you are more alert, have more energy, smile more, remember more, and generally feel better about yourself.

Here are a few tips which can help you model good habits for your students.

- **Healthy Eating- This can be good for your overall health and your student's health.**

- ◇ Eat more fruits and vegetables at snack time
- ◇ Bring healthy foods for lunch
- ◇ Avoid drinking sugary beverages, choose water or milk
- ◇ Offer healthy food options at staff meetings

- **Be happy- When you are in a good mood, this can rub off on your students!**

- ◇ Always welcome students to your class with a smile
- ◇ Love your job and show your enthusiasm every day when teaching

- **Physical Activity- getting up and moving can lower your risk of heart disease, diabetes and even cancer.**

- ◇ Participate or organize a fitness class for staff, at a convenient time; or start a staff activity, such as a running group or volleyball team.
- ◇ Aim to go for a walk (indoors or outdoors) during part of your lunch hour, or before/after school.
- ◇ Work out with your students. Download "Move It" for Google chrome. Not only does this allow you and your students to exercise together, but it is a good way to break up a long lecture.



Teachers **ARE** role models and inspire students every day. Your demonstration of healthy habits not only benefits you, but can also positively influence the health-related choices made by students. Keep up the good work and enjoy the journey towards better health for you and your students.

Fitness

Tip of the Season

It's that time of year again—the snow is melting, the sun is shining, and we are just itching to get outside. It's the perfect time to try something new and embrace the great outdoors. Here is a simple 8 week plan to get you ready to run one of our local 5k! Each week complete the below work out 3-5 times per week. Always remember to stretch after each workout and don't over do it!

Jump Start your Spring Workout with one of these local Runs

1. **April 30, 2016** Springfest 5K—Chippewa Falls, WI
2. **May 1st, 2016** Eau Claire Marathon, 1/2 Marathon and 5k– Eau Claire, WI (registration required)
3. **May 15th, 2016** Color Run-5K-Eau Claire, WI (registration required)
4. **May 28th, 2016**– OZ Run-1/2 marathon and 5k– Chippewa Falls, WI (registration required)

Week	Run/Jog	Walk	Sets
WEEK 1	1 minute	1.5 minute	8 sets
WEEK 2	2 minute	1 minute	7 sets
WEEK 3	4 minute	1 minute	6 sets
WEEK 4	6 minute	2 minute	4 sets
WEEK 5	9 minute	2 minute	3 sets
WEEK 6	12 minute	1 minute	3 sets
WEEK 7	15 minute	1 minute	2 sets
WEEK 8	30 minute	1 minute	none

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Three Bean Artichoke Salad

Ingredients

- 1 (15.5 ounce) can Great Northern beans, drained
- 1 (15.5 ounce) can garbanzo beans, drained
- 1 (15.5 ounce) can black-eyed peas, drained
- 1 (13.75 ounce) can marinated artichoke hearts, drained and chopped
- 4 green onions, chopped
- 2 large tomatoes, diced
- 3 cloves garlic, minced
- 3 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1/4 cup chopped fresh parsley
- 2 teaspoons crushed dried oregano
- 1 teaspoon ground black pepper



Mix the Great Northern beans, garbanzo beans, black-eyed peas, artichokes, green onions, tomatoes, and garlic together in a bowl. Toss with the olive oil, balsamic vinegar, parsley, oregano, and black pepper until well mixed. Refrigerate for 1 hour

Did you know?

The first fruit eaten on the moon was a peach.

What is your school doing to be well?

- The staff at **Hillcrest** is having a Biggest loser competition, and celebrated PBIS with 45 minutes of fun in the snow playing freeze tag, making snowmen, snow forts, and snow sculptures!
- **CFMS** staff in January had a free fitness class 21 day Challenge, and a Wellness Bingo Challenge!

Please feel free to contact Melissa Panchyshyn at panchymj@chipfalls.org to share what your school is doing, and it will be highlighted in the next edition of the Wellness newsletter.

