

SUMMER CHALLENGE



Fun Wellness Challenges through the week



It takes confidence to be a kid. Whether cooking a meal or stepping up to bat for the first time, kids face a lot of uncharted territory.

Self-confidence rises out of a sense of competence.

- Kids develop confidence through their achievements, big and small. Sure, it's good to hear encouraging words from mom and dad, but words of praise mean more when they refer to a child's specific efforts or new abilities.

Parents can provide opportunities for kids to practice and master their skills.

- When kids make mistakes, be there to boost their spirits so they keep trying.
- Respond with interest and excitement when kids show off a new skill.
- Reward them with praise when they achieve a goal or make a good effort.

Looking for ideas to challenge kids over the summer? Here are fun wellness challenges through the week.

#Meatless Mondays

Research shows cutting back on meat may reduce your risk of chronic disease. On Mondays, swap meat for other protein sources. Quinoa, beans and rice, Greek yogurt and tofu are few examples of good protein sources.

#Tiny Bite Tuesdays

Eating slowly with tiny bites helps us feel full and more satisfied. It is recommended to chew 22 to 48 times. On Tuesday, challenge the entire family to see who can chew 22-48 times.

#Whole Grain Wednesdays

Whole grains are good sources of fiber, antioxidants, vitamins and minerals. On Wednesdays, challenge your child to find whole grain products at home or at grocery stores. See next page for instructions.

#Thirsty Thursdays

Water helps to regulate body temperature. Stay hydrated during the summer. On Thursdays, create your own blend of fruit & herb infused water.

#Fitness Fridays

CDC recommends at least 1 hour of daily physical activity for children and adolescents. On Fridays, engage the family in a fitness challenge.

https://www.cdc.gov/healthyschools/physicalactivity/toolkit/factsheet_pa_guidelines_families.pdf

#MEATLESS MONDAYS RECIPE



Quick Balsamic Quinoa Salad

Serves 4 to 6

1 cup cooked quinoa (approx 1/3 cup dry quinoa. Follow cooking instructions on package.)

1 cup frozen or fresh corn

1/2 cup pine nuts

1 large bowl of salad greens

2 tablespoons olive oil

1 tablespoon balsamic vinegar

A pinch of salt and pepper

Heat a little olive oil in a pan, reducing the heat before adding cooked quinoa, corn, and pine nuts. Sauté until the quinoa is a little crunchy, the corn slightly brown, and the pine nuts toasted, 5 to 10 minutes, stirring constantly.

Let the mixture cool to room temperature or a little warmer, and toss with salad greens.

Whisk the oil and vinegar together, adding salt and pepper to taste, and toss with the salad. Taste and add more oil, vinegar, or salt to your personal preference.

Adapted from The Kitchn (<http://www.thekitchn.com/recipe-quick-balsamic-quinoa-salad-recipes-from-the-kitchn-216677>)

Wellness Policy Workshops in May

Schools are invited to send up to 3 representatives from each school to attend wellness workshops held throughout the state.

To more information and to register for the School Wellness Workshop, please go to:

<https://hiwellness.eventbrite.com>

This workshop requires approval from your Principal.



#WHOLE GRAIN WEDNESDAY ACTIVITY

Identifying a whole grain product can be tricky since food labels are often misleading. Here are a few tips to identify whole grain products.

Check the ingredient list. Look for the word “whole” before the first ingredient.

Choose whole grains such as:

Whole wheat, whole oats, whole rye, and brown rice

Claims on food labels are not usually 100% whole grain, such as:

100% wheat, multi-grain, 7 grains, made with whole grains, contains whole grain, bran

Don’t be fooled. Just because the food item is brown doesn’t mean it is a whole grain product.

Resources:

https://www.fns.usda.gov/sites/default/files/how_to_tell_whole_grain.pdf

<http://kidshealth.org/en/parents/confidence.html>

